



Falls Church Recreation and Parks

Winter/Spring 2010



*photos by Falls Church Recreation and Parks
and Gary Mester*

Registration Dates
Residents: January 4
Non-Residents: January 11

Take advantage of online registration
www.fallschurchva.gov • 703-248-5027 (TTY 711)

Annual Easter Egg Hunt



photo by Gary Mester

Saturday, April 3, 10am

Rain Date: Monday, April 5, 4pm

Cherry Hill Park, 312 Park Avenue

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call 703-248-5077.

29th Annual Memorial Day Parade and Festival

Monday, May 31, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more. 703-248-5077.



Falls Church Art Show & Sale

Friday, April 23, 5-7pm

Saturday, April 24, 12noon- 4pm

**Falls Church Community Center,
223 Little Falls Street**

Open to all City artists! Outstanding works of art from Falls Church art students and the public. Free to the public. For more information, call 703-248-5077.



Dance Recital

Saturday, June 5

Show times 10am and 12noon

Saturday, June 12

Show times 11am, 2pm and 4:30pm

George Mason High School, 7124 Leesburg Pike

Students enrolled in the Falls Church dance classes perform in the recital.



Farmer's Market



photos by Gary Mester

Saturdays

January 2-March 27, 2010

9am-12 noon

April 3-December 18, 2010

8am to 12noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at 703-248-5199 or jelmore@fallschurchva.gov.

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Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*
 Daniel J. Schlitt, *Deputy Director*
 Jenny Elmore, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Woodbury, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Recreation Specialist*
 Amy Maltese, *Teen and Camp Coordinator, Recreation Specialist*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Linda Weikle, *Senior Administrative Assistant*
 Kristina Loerch, *Administrative Assistant*
 Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*
 Charles Jones, *Landscape Maintenance Worker*
 Raymond Slaughter, *Landscape Maintenance Worker*
 Mike Batky, *Building Maintenance Worker*
 Juan Salguero, *Building Maintenance Worker*
 Sonny Sikhattana, *Building Maintenance Worker*

Recreation and Parks Advisory Board

Gerard Mene, *Chair*
 Joyce Simpson, *Vice Chair*
 Rob Meeks
 Charles O'Hara
 Leslie Rye
 Ruth Rodgers, *Planning Commission Representative*
 Kathryn Chandler, *School Board Representative*



General Information

Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm
Friday: 8am-12 midnight
Saturday: 8:30am-12 midnight
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed Thursday, December 24 (building closes at noon), Friday, December 25, Thursday December 31st at 5pm, Friday, January 1, and Sunday, April 4.

Hobby Class Holiday Schedule

No classes are held on the following holidays unless otherwise noted.

January 18, Dr. Martin Luther King Day

February 15, President's Day

March 29-April 4, Spring Break

May 31, Memorial Day

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-Midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Subject to gym availability.

Open Gym Pricing

Register at the front desk before entering the gym

City Residents: Free

Non-City Residents 5 and under: Free

Non-City Residents 6-18 or 65+: Free

Non-City Residents 19-64: \$3

Hotline: 703-248-5077

Call for current schedule.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

Phone Numbers

Recreation & Parks Division Office 703-248-5077

Falls Church Community Center 703-248-5077

Falls Church Senior Center 703-248-5020

Teen Center Office 703-248-5307

Cherry Hill Farmhouse 703-248-5171

Fax 703-536-8150

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov.

If you are a non-resident and prefer a mailed copy, please call 703-248-5077 or email recreation@fallschurchva.gov.

Registration Dates

Residents: January 4

Non-Residents: January 11

SPECIAL SERVICES

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

Senior Metro Passes: \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

NVRPA Bike Trail Maps: \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.

Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household

furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling **703-248-5171**. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is required. Reservations are made through the Recreation and Parks Division at **703-248-5077**. For more information on any events taking place at Cherry Hill, call Diane Morse at **703-248-5171**.

EVENTS AT CHERRY HILL FARMHOUSE

Holiday Card Recycling Workshop

Bring your old cards (the larger the better) and last year's calendar and learn how to make lovely gift boxes.

Location: Cherry Hill Farmhouse

Date: Sunday, January 30

Time: 10am-12noon **Fee:** \$5

Call **703-248-5171** for reservations.

Chocolate by Candlelight

Calling all chocolate lovers to the first annual chocolate tasting event at Cherry Hill farmhouse. Participate in a "blind" tasting of a variety of chocolate delights by candlelight. You may be surprised by your favorites.

Location: Cherry Hill Farmhouse

Date: Friday, February 12

Time: 8 pm **Fee:** \$10

Call **703-248-5171** for reservations.

Valentine Tea

Bring someone special to tea and learn about the history of Valentine's Day celebrations with a special emphasis on the search for love in the 19th century. The tea includes sandwiches, sweets, warm scones and tea.

Location: Cherry Hill Farmhouse

Date: Sunday, February 14

Time: 2pm **Fee:** \$24 per person

Call **703-248-5171** for reservations.

Celtic Music Concert

Musicians present a lively evening of Irish music in the farmhouse parlor.

Location: Cherry Hill Farmhouse

Date: Saturday, March 13

Time: 8pm **Fee:** \$12

Call **703-248-5171** for reservations

SPRING VACATION FUN AT CHERRY HILL

19th Century Dress Up Tea Party

Children will learn about 19th century life as they dress in our period clothing, play parlor games and enjoy a tea party in the dining room. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Monday, March 29

Time: 12noon-1:30pm **Fee:** \$12

Call **703-248-5171** for reservations.

Civil War Soldiers and Spies

Would you have made a good spy or soldier during the Civil War? Learn about a soldier's life, make hard tack and try your hand at decoding spy messages. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Wednesday, March 31

Time: 10:00am-12noon **Fee:** \$8

Call **703-248-5171** for reservations.

Old-fashioned Cooking for Kids

Children will grind corn, make bread and churn their own butter. Ages 8 and up.

Location: Cherry Hill Farmhouse

Date: Friday, April 2

Time: 10:30-12noon **Fee:** \$8

Call **703-248-5171** for reservations.

Falls Church Civil War Day

Learn about Falls Church during the Civil War as reenactors portray civilians and soldiers from the period. Watch drilling and firing exercises, hear spy stories and listen to readings from Civil War letters.

Location: Cherry Hill Park

Date: Saturday, May 15

Time: 10am-3pm **Free Admission**

Call **703-248-5171** for more information.

Infant and Tot Classes

Signing Smart: Free Preview Birth-2 years

Come experience the power and fun of Signing Smart with your baby or toddler! Come sign and play with our toys, tunnel, parachute, and more during this exciting ASL play class. Come find out why signing increases IQ by 12 points (NIH study) and speeds spoken language development. Come experience the joy of parent education through child enrichment and families new to Signing Smart receive a FREE gift. Check out www.ParentChildU.com to see why families LOVE our classes!

Instructor: Laura Daub

Location: Community Room

Activity #	Date	Time	Fees
210708-A	Sat: 1/23	9:30-10:15am	Free
210708-B	Sat: 1/23	10:30-11:15am	Free



Signing Smart Play Class

5 months-2 years

Signing Smart strategies integrates more than 100 American Sign Language (ASL) signs into songs, games, and activities. Research has shown that Signing Smart with hearing babies and toddlers allows communication and spoken language to happen earlier and faster, while reducing frustration and tantrums. Participants will receive Signing Smart for Early Communication: Beginner Handbook, Signing Smart Video Glossary, and The Treasure Chest: Vol. 1 children's video. Repeat families receive Signing Smart Diaper Bag Dictionary and save \$37 off the class fee. Visit www.ParentChildU.com for additional information.

Instructor: Laura Daub

Location: Community Room

Activity #	Date	Time	Fees
210707-A	Sat: 1/30-3/6	9:30-10:20am	R: \$155 / NR: \$165
210707-B	Sat: 1/30-3/6	10:30-11:20am	R: \$155 / NR: \$165

Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times are subject to change. Call 703-248-5077 (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

Location: Gym

Days: Fridays, September 11-May 28

No Tot Time November 27, December 4, 25, January 1, April 2, 16, 23

Time: 10am-12 noon **Fees:** FREE!

Music Together Birth-4 years



Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a

musically rich, relaxed, playful, and nonperformance setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and having the most amount of fun doing it! All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$50 discount for siblings. Tuition includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet. For further information and to watch our Music Together video visit www.MusicWithMaddy.com. Voted BEST TODDLER PROGRAM by readers of Northern Virginia Magazine, June 2009.

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Maddy O'Neill-Dean			
210608-A	Mon: 1/18-3/15	9-9:45am	R: \$195 / NR: \$205
210608-B	Mon: 1/18-3/15	10-10:45am	R: \$195 / NR: \$205
210608-C	Mon: 1/18-3/15	11-11:45am	R: \$195 / NR: \$205
210608-D	Tue: 1/19-3/16	9-9:45am	R: \$195 / NR: \$205
210608-E	Tue: 1/19-3/16	10-10:45am	R: \$195 / NR: \$205
210608-F	Tue: 1/19-3/16	11-11:45am	R: \$195 / NR: \$205
210608-G	Tue: 1/19-3/16	12:15-1pm	R: \$195 / NR: \$205

Instructor: Susan Alverson

210608-H	Wed: 1/27-3/17	10-10:45am	R: \$180 / NR: \$190
210608-I	Wed: 1/27-3/17*	11-11:45am	R: \$180 / NR: \$190

FREE DEMONSTRATION CLASSES (for new families):

January 11 & 12 at 10 and 11am and January 13 at 10 & 11am

Instructor: Maddy O'Neill-Dean

210608-J	Mon: 4/26-6/21*	9-9:45am	R: \$180 / NR: \$190
210608-K	Mon: 4/26-6/21*	10-10:45am	R: \$180 / NR: \$190
210608-L	Mon: 4/26-6/21*	11-11:45am	R: \$180 / NR: \$190
210608-M	Tue: 4/27-6/15	9-9:45am	R: \$180 / NR: \$190
210608-N	Tue: 4/27-6/15	10-10:45am	R: \$180 / NR: \$190
210608-O	Tue: 4/27-6/15	11-11:45am	R: \$180 / NR: \$190
210608-P	Tue: 4/27-6/15	12:15-1pm	R: \$180 / NR: \$190

Instructor: Susan Alverson

210608-Q	Wed: 4/21-6/9	10-10:45am	R: \$180 / NR: \$190
210608-R	Wed: 4/21-6/9	11-11:45am	R: \$180 / NR: \$190

*No class dates 5/25, 5/31

FREE DEMONSTRATION CLASSES (for new families):

April 13 at 10 and 11am and April 14 at 10 & 11am. No registration required for demo classes.



Art In Hand Tots 18 months-3 years

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction. In the winter session, participants will enjoy stories and art-making reflecting a range of tot-friendly topics, including the many beautiful and art-inspiring wintery wonders in the natural world around us. In the spring, our attention will be turned to colorful blossoms blooming, tiny hatchlings hatching, and many more exciting discoveries to be made this time of year. We use only high quality art materials designed for use by young children plus lots of appealing found objects and materials. For more information about the program visit www.artinhand.org.

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
210110-A	Mon: 1/25-3/15*	10:15-11am	R: \$102 / NR: \$112
210110-B	Thu: 1/28-3/11*	10:15-11am	R: \$102 / NR: \$112
210110-C	Mon: 3/22-5/3*	10:15-11am	R: \$102 / NR: \$112
210110-D	Thu: 3/25-5/6*	10:15-11am	R: \$102 / NR: \$112

*No class dates 2/1, 2/15, 3/29, 4/1

Kindermusik ABC Music & Me 2-4 years

ABC Music & Me is an award-winning language and early literacy program built around music. In Down on the Ground, come take a Listening Walk, help your child learn to love to observe and learn from the animal world around him/her. In Splash! come think and talk in 3s. Come pretend to be a pirate and sing boat and water songs that help your child seek and find patterns. Children will delight in water-themed songs, rhymes, stories, parachute play, and instrument play in ASL and other languages! We even provide you with the materials to extend the learning into the home for years to come with two CDs, 2 family literature magazines, an egg shaker and beach ball -\$36 all included in the class price! Learn why families love our classes at www.ParentChildU.com!

Instructor: Cindy Rigoli

Location: Community Room

Activity #	Date	Time	Fees
Down in the Ground			
210605-A	Sat: 3/13-5/8*	9:30-10:15am	R: \$164 / NR: \$174
Splash!			
210605-B	Sat: 3/13-5/8*	10:30-11:15am	R: \$164 / NR: \$174

*No class dates 4/3

Teddy Bear Tea 3-4 years

NEW!

Bring your teddy bear or stuffed friend, enjoy a snack, activities, learn basic table and party manners. Topics include: guest and host behavior, behavior at the table, placement of utensils, greetings, thank you notes and more. (Boys and girls are welcome)

Instructor: Etiquette School

Location: Art Room

Activity #	Date	Time	Fees
210709-A	Sat: 2/6	9:30-11am	R: \$25 / NR: \$35

Falls Church Recreation and Parks

Twoosy Doodlers 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
210101-A	Wed: 1/27-3/3	9:15-9:55am	R: \$90 / NR: \$100
210101-B	Sat: 2/20-4/24*	10:15-10:55am	R: \$90 / NR: \$100
210101-C	Wed: 3/17-4/28*	9:15-9:55am	R: \$90 / NR: \$100

*No class dates 3/27, 4/3, 3/31

Little Dragon: Play & Learn 2-5 years



The Little Dragon class is Sesame Street the Martial Arts Way! This class is for children who are learning object permanence, problem solving, sorting, and classification. This

martial arts program uses an early childhood development curriculum to enhance development with gross and fine motor skills, language/vocabulary building listening and following instructions and social interaction skills. Students will play numerous martial arts related games and learn activities designed to tap into specific mental & physical growth areas. Toddlers will play as they grow and learn as they play.

Instructor: WCRB Karate

Location: Gym

Activity #	Date	Time	Fees
Karate for Ages 4-5			
220505-A	Tue: 1/26-4/27*	10-10:45am	R: \$162 / NR: \$172
Karate for Ages 2-3			
220505-B	Wed: 1/27-4/28*	11-11:45am	R: \$162 / NR: \$172

*No class dates 3/30, 3/31

Preschool Cheer and Tumble 3-5 years

This is a beginner class for athletes ages 3-5. We assist your child in learning balance, movements and general coordination. We offer a good structural foundation that helps your child with body awareness! Classes will cover all of the basics of cheerleading and tumbling for age and talent appropriate athletes.

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
220405-A	Wed: 1/27-5/5*	4:30-5:15pm	R: \$140 / NR: \$150

*No class dates 3/31

Register
Online at
www.fallschurchva.gov

Preschool Classes

Tiny Tots Tumble 3-5 years

NEW!



An introduction to basic tumbling. Various movements involving balance and coordination. Handstands, cartwheels, roundoffs, body positions, rolls, and various other drills are used to develop body

awareness, strength, and proper basic tumbling form. Attire: gym clothing or t-shirt and shorts with sneakers.

Instructor: All Star Legacy

Location: Gym

Activity #	Date	Time	Fees
Tumble for 3-4 yrs			
210400-A	Wed: 1/27-5/5*	11:30am-12:15pm	R: \$110 / NR: \$120
Tumble for 4-5 yrs			
210400-B	Wed: 1/27-5/5*	12:30-1:15pm	R: \$110 / NR: \$120

*No class dates 3/31

Art In Hand Preschoolers 3-5 years



The ART IN HAND Preschoolers class focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects and natural materials. In this winter

session, participants will enjoy stories and art-making reflecting a range of kid-friendly topics, including the many beautiful and art-inspiring wintery wonders in the natural world around us. In the spring, our attention will be turned to colorful blossoms blooming, tiny hatchlings hatching, and many more exciting discoveries to be made this time of year. For more information about the program visit www.artinhand.org.

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
210109-A	Thu: 1/28-3/11	11:30am-12:15pm	R: \$102 / NR: \$112
210109-B	Thu: 3/25-5/6*	11:30am-12:15pm	R: \$102 / NR: \$112

*No class dates 4/1

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
210102-A	Wed: 1/27-3/3	10:15-11am	R: \$90 / NR: \$100
210102-B	Thu: 1/28-3/4	2-2:45pm	R: \$90 / NR: \$100
210102-C	Sat: 2/20-4/24*	11:15am-12pm	R: \$90 / NR: \$100
210102-D	Wed: 3/17-4/28*	10:15-10:55am	R: \$90 / NR: \$100
210102-E	Thu: 3/18-4/29*	2-2:45pm	R: \$90 / NR: \$100

*No class dates 3/27, 4/3, 3/31, 4/1

Fun with Drawing 3-5 years



Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schoolers' image vocabulary as they learn to draw familiar images such as fish, teddy

bears, rainbows, and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience, and spatial organization.

Instructor: Young Rembrandts

Location: Art Room

Activity #	Date	Time	Fees
210111-A	Mon: 1/25-3/8*	11am-12pm	R: \$90 / NR: \$100
210111-B	Mon: 3/15-5/3*	11am-12pm	R: \$105 / NR: \$115
210111-C	Mon: 1/25-3/8*	1-2pm	R: \$90 / NR: \$100
210111-D	Mon: 3/15-5/3*	1-2pm	R: \$105 / NR: \$115

*No class dates 2/15, 3/29

Math Boosters 3-6 years

Go where no kid has gone before! Let's break the chain of fear, before it begins! We'll do some hands/feet on games that teach pre-algebraic skills. Children must recognize the digits and know how to count from 1-10. Sessions are individual and different.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221007-A	Sat: 2/6	12:30-1:30pm	R: \$12 / NR: \$15
221007-B	Sat: 3/20	12:30-1:30pm	R: \$12 / NR: \$15

Shapes Alive! 3-6 years

This course offers early experience with geometrical concepts and is tailored to meet student needs and is hands-and feet-on. Come to one or all sessions. Each class is different.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221009-A	Sat: 3/6	3-4pm	R: \$12 / NR: \$15
221009-B	Sat: 5/1	12:30-1:30pm	R: \$12 / NR: \$15

ABC's...You and Me 3-6 years

Let's make letters, sounds and words come alive. Let's read and write together. Children must have a basic understanding of the English alphabet. Sessions are individual and different.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221017-A	Sat: 2/20	12:30-1:30pm	R: \$12 / NR: \$15
221017-B	Sat: 4/10	12:30-1:30pm	R: \$12 / NR: \$15

Preschool Program

Preschool 3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Instructor: Alison Collins

Location: Preschool Room

Activity #	Date	Time	Fees
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Winter/ Spring Session

Seniors

Birthdates: October 1, 2004-September 30, 2005

211002-A	Mon/Wed/Fri: 1/4-5/28*	9am-12pm	R: \$940 / NR: \$950
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*No class dates 1/18, 2/15, 3/29, 3/31, 4/2, 4/5

Summer Session

Juniors

Birthdates: October 1, 2005-September 30, 2006

311001-C	Tue/Thu: 6/8-7/8	9am-12pm	R: \$165 / NR: \$175
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311001-D	Tue/Thu: 7/13-8/5	9am-12pm	R: \$132 / NR: \$142
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Seniors

Birthdates: October 1, 2004-September 30, 2005

311002-C	Mon/Wed/Fri: 6/7-7/9*	9am-12pm	R: \$231 / NR: \$241
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311002-D	Mon/Wed/Fri: 7/12-8/6	9am-12pm	R: \$198 / NR: \$208
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*No class dates 7/5

The Spring Open House will be on Monday, April 5th at 10am.

This Open House is for parents interested in registering for the following school year (beginning in Sept. '10).



**Register Now
for the Winter/
Spring Session!**

Ready, Set, Read!

3.5-6 years

Enter kindergarten with confidence and prepare your child for a lifetime of reading! This class will take your preschooler from the basics of phonics to the early stages of literacy. Daily activities will focus on developing your child's reading, writing and communication skills in a fun preschool environment.

Students will begin the year by mastering the alphabet and basic writing techniques. By the end of the year students will have memorized sight words, explored word families, and will successfully read and write their own stories. Students will have the opportunity to learn, socialize, and play in a safe classroom environment. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Instructor: Alison Collins

Location: Preschool Room

Activity #	Date	Time	Fees
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211006-C	Mon/Wed/Fri: 1/4-5/28*	1-4pm	R: \$940 / NR: \$950
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*No class dates 1/18, 2/15, 3/29, 3/31, 4/2, 4/5



**Register
Now!**

Let's Make a Story 4-6 years

Students will make an art project related to the topic, read, make up their own stories, and interact to music. Each session has two parts meeting on two consecutive Wednesdays. Students will begin working on their project the first Wednesday and then take it home the following Wednesday.

Instructor: Sue John

Location: Art Room

Activity #	Date	Time	Fees
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Valentines & More

210108-I	Wed: 2/3-2/10	2-4:30pm	R: \$63 / NR: \$73
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Hello Spring

210108-L	Wed: 3/10-3/17	2-4:30pm	R: \$63 / NR: \$73
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Let's Plant Flowers

210108-M	Wed: 4/14-4/21	2-4:30pm	R: \$63 / NR: \$73
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Just for Mom

210108-N	Wed: 4/28-5/5	2-4:30pm	R: \$63 / NR: \$73
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NEW COURSES COMING: Wild Card Classes for the Summer and Fall

Kids, you decide the class topic. Always wanted to study a specific topic or practice a particular skill? Here is an opportunity to do just that. The first 5 or more people to suggest a common topic will win the "wild card" class and have their class choice taught at the Falls Church Community Center. Classes will be divided by ages: 3-6 and 7-9. ***

***Subject to the limits of instructor's ability and resources, which are generally prodigious, but not both infinite and absolute. Email class ideas to dwoodbury@fallschurchva.gov.

Preschool and Youth Classes

Mad Scientist Club 3-6 years

These classes offer early hands-on experience with science. Let's mix, splash, stick, measure, and push and pull. Come to any or all sessions. Aspiring scientists who come to 4 or more sessions will receive a Mad Scientist certificate.

Instructor: Karen Howenstein

Activity #	Date	Time	Fees
Location: Community Room			
221010-A	Sat: 2/6	2-3pm	R: \$12 / NR: \$15
Location: Preschool Room			
221010-B	Sun: 2/21	2-3pm	R: \$12 / NR: \$15
Location: Teen Center			
221010-C	Sat: 3/6	9-10am	R: \$12 / NR: \$15
Location: Community Room			
221010-D	Sat: 4/10	2:30-3:30pm	R: \$12 / NR: \$15
Location: Teen Center			
221010-E	Sat: 5/1	3:30-4:30pm	R: \$12 / NR: \$15

Amazing Athletes Program 2.5-6 years

Amazing Athletes provides a unique tried and tested, fun filled sport program that incorporates physical fitness, muscle tone and gross motor skills while learning and playing the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf, tennis, and lacrosse. This fun and positive learning experience will help the child develop the basic fundamentals of sports as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!

Instructor: Robert Jackson

Location: Gym

Activity #	Date	Time	Fees
Athletes 2.5-3 yrs			
210902-A	Tue: 1/26-3/2	2-2:45pm	R: \$72 / NR: \$82
210902-D	Thu: 1/28-3/11	9-9:45am	R: \$84 / NR: \$94
Athletes 4-6 yrs			
210902-B	Tue: 1/26-3/2	5-5:45pm	R: \$72 / NR: \$82
210902-C	Wed: 1/27-3/10	1:45-2:30pm	R: \$84 / NR: \$94
Athletes 2.5-3 yrs			
210902-E	Tue: 3/16-5/4*	2-2:45pm	R: \$84 / NR: \$94
210902-H	Thu: 3/25-5/6*	9-9:45am	R: \$72 / NR: \$82
Athletes 4-6 yrs			
210902-F	Tue: 3/16-5/4*	5-5:45pm	R: \$84 / NR: \$94
210902-G	Wed: 3/24-5/5*	1:45-2:30pm	R: \$72 / NR: \$82

*No class dates 3/30, 3/31, 4/1



Ready? Set? Blow! 3-6 years

Hands-on experience with geo-sciences and storms. Sessions may be taken individually or as a series: A) Volcanoes, B) Earthquakes, C) Land storms (electrical storms, tornadoes), D) Sea storms (hurricanes, Tsunamis). We will "make" and play in these classes.

Instructor: Karen Howenstein

Activity #	Date	Time	Fees
Location: Preschool Room			
221011-A	Sun: 2/7	2-3pm	R: \$12 / NR: \$15
221011-B	Sat: 2/20	2-3pm	R: \$12 / NR: \$15
Location: Senior Center			
221011-C	Sat: 3/20	11am-12pm	R: \$12 / NR: \$15
Location: Teen Center			
221011-D	Sat: 4/24	10-11am	R: \$12 / NR: \$15

Tiny Chefs Cooking Class 3-12 years

NEW!



Aspiring little chefs will learn the basics of cooking using bake and no-bake recipes in this delicious offering. Children will learn how to: follow a recipe, measure,

and combine ingredients, gain a greater knowledge of food ingredients and their orientation, gain a greater knowledge of cooking techniques through observation and practice, broaden personal tastes of food and combinations of ingredients, and collaborate in a small group setting to create a finished edible product. In each class children prepare and eat an entrée, healthy snack, or dessert while their communication skills and ability to work within a small group setting are enhanced. Watch their confidence soar! Each class is completely interactive, and each child will receive their very own cookbook of everything they make. As the entrée, snack or dessert is cooking, the children will play and learn about nutrition and food safety through interactive games and activities.

Instructor: Tiny Chefs

Activity #	Date	Time	Fees
Location: Teen Center			
Cooking Ages 3-4 (Mom & Me)			
210300-A	Wed: 1/27-3/3	10:45-11:45am	R: \$190 / NR: \$200
Location: Preschool Room			
Cooking Ages 5-7			
210300-B	Thu: 1/28-3/4	4:30-5:30pm	R: \$190 / NR: \$200
Location: Senior Center			
Cooking Ages 3-7 (Parents Welcome)			
210300-C	Sat: 1/30-3/6	10-11am	R: \$190 / NR: \$200
Location: Senior Center			
Cooking Ages 7-12			
210300-D	Sat: 1/30-3/6	11:30am-12:30pm	R: \$190 / NR: \$200

Private Voice Lessons 4 & up

This class offers the student who is interested in developing vocal talent the opportunity to work one on one with a vocal coach. The instructor is a classically trained music education specialist and teaches all levels. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections.

Instructor: Dream In Color

Location: Preschool Room

Activity #	Date	Time	Fees
230703-A	Sat: 1/30-2/20	9-9:30am	R: \$125 / NR: \$135
230703-B	Sat: 1/30-2/20	9:30-10am	R: \$125 / NR: \$135
230703-C	Sat: 1/30-2/20	10-10:30am	R: \$125 / NR: \$135
230703-D	Sat: 1/30-2/20	10:30-11am	R: \$125 / NR: \$135
230703-E	Sat: 1/30-2/20	11-11:30am	R: \$125 / NR: \$135
230703-F	Sat: 1/30-2/20	11:30am-12pm	R: \$125 / NR: \$135
230703-G	Sat: 2/27-3/20	9-9:30am	R: \$125 / NR: \$135
230703-H	Sat: 2/27-3/20	9:30-10am	R: \$125 / NR: \$135
230703-I	Sat: 2/27-3/20	10-10:30am	R: \$125 / NR: \$135
230703-J	Sat: 2/27-3/20	10:30-11am	R: \$125 / NR: \$135
230703-K	Sat: 2/27-3/20	11-11:30am	R: \$125 / NR: \$135
230703-L	Sat: 2/27-3/20	11:30am-12pm	R: \$125 / NR: \$135
230703-M	Sat: 4/10-5/1	9-9:30am	R: \$125 / NR: \$135
230703-N	Sat: 4/10-5/1	9:30-10am	R: \$125 / NR: \$135
230703-O	Sat: 4/10-5/1	10-10:30am	R: \$125 / NR: \$135
230703-P	Sat: 4/10-5/1	10:30-11am	R: \$125 / NR: \$135
230703-Q	Sat: 4/10-5/1	11-11:30am	R: \$125 / NR: \$135
230703-R	Sat: 4/10-5/1	11:30am-12pm	R: \$125 / NR: \$135

American Girl Tea 5-7 years

NEW!

Bring your favorite doll and join us for a tea party. We'll enjoy a snack, activities, and have an introduction to table and party manners. Topics include: guest and host behavior, behavior at the table, placement of utensils, greetings, thank you notes and more.

Instructor: Etiquette School

Location: Art Room

Activity #	Date	Time	Fees
220705-A	Sat: 2/6	11:30am-1pm	R: \$25 / NR: \$35

Acting Workshop for KIDS

5-8 years

NEW!

The C.A.R.E. Actor program uses theater arts as a means to explore social issues. This acting workshop, specifically geared toward early elementary students, provides them with acting and social skills that will boost their confidence and self-esteem! In class, participants will learn about social issues such as the environment, health & nutrition, culture & diversity, etc. They will also explore their imaginations through storybooks and improvisational techniques. So join us as we explore the world of theater arts and learn about current social issues!

Instructor: C.A.R.E. Actor

Location: Community Room

Activity #	Date	Time	Fees
220706-A	Mon: 1/25-3/8*	4:30-5:30pm	R: \$78 / NR: \$88
220706-B	Sun: 1/31-3/7	2:30-3:30pm	R: \$78 / NR: \$88

*No class dates 2/15

Cheer Class 6-10 years

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work. Cheerleading is a sport!

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
220404-A	Wed: 1/27-5/5*	6:45-7:30pm	R: \$140 / NR: \$150

*No class dates 3/31



Secret Codes 6-9 years



Learn what it takes to systematically make and break secret codes. This "beginners" class offers an explanation of encoding/decoding principles with hands-on examples. Come hide and seek with us.

Instructor: Karen Howenstein

Location: Senior Center

Activity #	Date	Time	Fees
221012-A	Sun: 2/7	3:30-4:30pm	R: \$12 / NR: \$15
221012-B	Sun: 2/21	4:45-5:45pm	R: \$12 / NR: \$15
221012-C	Sat: 3/6	2-3pm	R: \$12 / NR: \$15
221012-D	Sat: 4/24	3:30-4:30pm	R: \$12 / NR: \$15

Abrakadoodle Mosaic Doodlers

NEW!

6-12 years

Join this exciting new Abrakadoodle program and discover the thrill of putting color, shape and texture in to Mosaic Masterpieces. While we study this ancient art form, we will examine the works of both classic and contemporary artists such as Gustav Klimt, Sonia King, Debbie Malone and more. Students will work with a variety of materials making both 2-D and 3-D designs.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
220141-A	Thu: 1/28-2/18	4:45-5:45pm	R: \$50 / NR: \$60
220141-B	Thu: 3/4-3/25	4:45-5:45pm	R: \$50 / NR: \$60

If you have an idea for a new class, please submit it to dwoodbury@fallschurchva.gov.

Youth Classes



Fun with Drawing 6-12 years

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Instructor: Young Rembrandts

Activity #	Date	Time	Fees
Location: Art Room			
230105-A	Mon: 1/25-3/8*	4-5pm	R: \$105 / NR: \$115
230105-B	Mon: 3/15-5/3*	4-5pm	R: \$105 / NR: \$115
Location: Senior Center			
230105-C	Wed: 1/27-3/10	4-5pm	R: \$105 / NR: \$115
230105-D	Wed: 3/17-5/5*	4-5pm	R: \$105 / NR: \$115

*No class dates 2/15, 3/29, 3/31

Fun with Cartooning 6-12 years

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Instructor: Young Rembrandts

Activity #	Date	Time	Fees
Location: Art Room			
230106-A	Mon: 1/25-3/8*	5:15-6:15pm	R: \$105 / NR: \$115
230106-B	Wed: 1/27-3/10	5:15-6:15pm	R: \$105 / NR: \$115
230106-C	Mon: 3/15-5/3*	5:15-6:15pm	R: \$105 / NR: \$115
230106-D	Wed: 3/17-5/5*	5:15-6:15pm	R: \$105 / NR: \$115

*No class dates 2/15, 3/29, 3/31

Register
Online at
www.fallschurchva.gov!

Fun with Cartooning & Drawing 6-12 years

This workshop combines the best of Cartooning and Drawing and focuses on a variety of styles: Anime, Monsters, Transportation, Masters, etc., as well as media. Create silly cartoon characters, funny expressions, convey moods, sounds, and drawing sequences that tell a joke! The workshop combines innovative step-by-step drawing methods with light-hearted subject matter that engages children, their sense of humor, and vivid imaginations. Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can -and should -learn to draw. Students learn a variety of art concepts such as portraiture, color theory, and abstract art. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Instructor: Young Rembrandts

Location: Senior Center-Right

Activity #	Date	Time	Fees
230107-A	Sun: 1/24-3/7	3-4:30pm	R: \$158 / NR: \$168
230107-B	Sun: 3/14-5/2*	3-4:30pm	R: \$158 / NR: \$168

*No class dates 4/4

Abrakadoodle & Clay 6-12 years

NEW!



Hooray for clay! Roll, pinch, pat, press, paint, and sculpt your way through this creative series. We learn about the cultures of Italy, China, Turkey, and Africa's Zulu tribe by making beads, chops, tiles, and masks. Sculptors Jean Dubuffet

and Lucien den Arend inspire us to sculpt with colorful shapes and designs, and the fun continues with leapin' lizards, monsters, and more!

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
220142-A	Tue: 2/2-3/2	4:30-5:30pm	R: \$50 / NR: \$60
220142-B	Tue: 3/16-4/20*	4:30-5:30pm	R: \$50 / NR: \$60

*No class dates 3/30

Tumbling Class 6 & up

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back and handsprings. Attire: gym clothing or t-shirt and shorts with sneakers.

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
220403-A	Wed: 1/27-5/5*	5:15-6pm	R: \$140 / NR: \$150
220403-B	Wed: 1/27-5/5*	6-6:45pm	R: \$140 / NR: \$150

*No class dates 3/31

Youth and Pre-Teen Classes

NEW!

UR Smarter Than U Think 7 & up

This course offers you some truth about how smart you really are. Come find out all the ways that you are bright and learn some tips about how to grow even smarter.

Instructor: Karen Howenstein

Activity #	Date	Time	Fees
Location: Community Room			
221013-A	Sat: 2/6	3:30-4:30pm	R: \$12 / NR: \$15
Location: Preschool Room			
221013-B	Sat: 3/6	12:45-1:45pm	R: \$12 / NR: \$15

Math Clinic 7-10 years

Do you stumble in the dark with math? These sessions will help make math concepts more "real," clarify operations/processing and increase enjoyment. Class structure is based upon student needs. Take one or all sessions. Every class will be different. Don't worry! Leave the stress behind, and let's look at the numbers together!

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221006-A	Sat: 2/6	5-6pm	R: \$12 / NR: \$15
221006-C	Sat: 3/6	11:30am-12:30pm	R: \$12 / NR: \$15
221006-D	Sat: 3/20	2-3pm	R: \$12 / NR: \$15
221006-E	Sat: 4/10	4-5pm	R: \$12 / NR: \$15
221006-F	Sat: 4/24	11:30am-12:30pm	R: \$12 / NR: \$15
221006-G	Sat: 5/1	5-6pm	R: \$12 / NR: \$15
Location: Senior Center			
221006-B	Sun: 2/21	3:30-4:30pm	R: \$12 / NR: \$15

Manners Mania 7-12 years

We're crazy about manners! Come and join us for a fun session where we'll learn about everyday etiquette. Topics include: greetings and introductions, phone manners, behavior in public places (elevators, escalators, doors), showing proper respect to adults, making friends, and more. Expect some dress up and lots of social interaction.

Instructor: Etiquette School

Location: Senior Center-Left

Activity #	Date	Time	Fees
231012-A	Sat: 3/13	9:30-11:30am	R: \$35 / NR: \$45

Outlining Outlining 8 & up

Do you have difficulty understanding the material in a very long chapter? This course focuses on managing and relating information. Learn to find the "shape" of the seemingly endless words in your texts. This course will help you master your studies.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221004-A	Sat: 4/10	11:30am-12:30pm	R: \$12 / NR: \$15



Homework & Organization 8 & up

This course is for students who want to learn how to organize their activities and environment, so that they can be more independent. We will discuss learning styles and can find solutions to increase grades and overall performance.

Instructor: Karen Howenstein

Location: Senior Center-Left

Activity #	Date	Time	Fees
221002-A	Sat: 3/20	9-10:30am	R: \$16 / NR: \$20

Babysitting Fundamentals 8 & up

Introductory course in total child care. We will discuss psychological and physical aspects of care along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: Teen Center

Activity #	Date	Time	Fees
221001-A	Sat: 2/6	9am-12pm	R: \$28 / NR: \$38
221001-B	Sat: 5/1	9am-12pm	R: \$28 / NR: \$38



Babysitting Fundamentals 2 8 & up

Continuation of Fundamentals I. We will discuss psychology, physical care, business and other approaches. The class is tailored to meet student needs. Every class is different; Fundamentals I is not a requirement. Bring your childcare concerns, issues, questions, and baby dolls, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Activity #	Date	Time	Fees
Location: Teen Center			
221003-A	Sat: 2/20	9am-12pm	R: \$28 / NR: \$38

Babysitting Fund. Refresher 8 & up

Freshen up your babysitting skills. This is a shorter course in Babysitting Fundamentals and is best suited for students with experience in babysitting that have specific questions or concerns. We will troubleshoot and try to draw up plans of action. The class will be tailored to meet student needs.

Instructor: Karen Howenstein

Location: Teen Center

Activity #	Date	Time	Fees
221008-A	Sat: 4/10	9-11am	R: \$20 / NR: \$25

Pre-Teen and Teen Classes

Xperiment on Your Friends

8 & up

Come find out how people think. Learn to test other people's personalities and capacities. This course offers you valuable information about how to find out about yourself and others.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221014-A	Sat: 2/20	3:30-4:30pm	R: \$12 / NR: \$15
221014-B	Sat: 3/20	3:30-4:30pm	R: \$12 / NR: \$15

NEW!

Do You See What I See? 8 & up

This class investigates optical illusions. We will look at tricky images, debate why they work the way they do, and try to create our own. General supplies will be provided, but you can bring any special art materials you would like.

Instructor: Karen Howenstein

Activity #	Date	Time	Fees
221015-A	Sat: 4/24	12:45-1:45pm	R: \$12 / NR: \$15
221015-B	Sat: 5/1	2-3pm	R: \$12 / NR: \$15

NEW!

Finance 101 8 & up

Loans, checks, credit cards and cash. Are you curious about handling money? Do you wonder about earning and growing money? This class explores how the greenback system works in real life. Bring your questions and learn some tips.

Instructor: Karen Howenstein

Location: Community Room

Activity #	Date	Time	Fees
221016-A	Sat: 3/6	4:30-5:30pm	R: \$12 / NR: \$15
221016-B	Sat: 4/24	2-3pm	R: \$12 / NR: \$15

NEW!

Acting Workshop for TWEENS

9-12 years

The C.A.R.E. Actor (Creative Awareness Responsive Education) program is an innovative theater arts program designed to encourage a sense of community and civic engagement in our youth in a unique and entertaining fashion. In class, students will use acting techniques to explore their imaginations, creativity, and talents while studying several relevant social issues. Thus, as they peel off the layers of a complex social issue, students will filter their insights regarding the issue into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study) and present them back in originally written sketches. So join us as we explore the world of theater arts and learn about current social issues! Fee includes reading and writing materials!

Instructor: C.A.R.E. Actor

Location: Community Room

Activity #	Date	Time	Fees
230704-A	Mon: 1/25-3/8*	5:30-6:50pm	R: \$98 / NR: \$108
230704-B	Sun: 1/31-3/7	3:45-5pm	R: \$98 / NR: \$108

*No class dates 2/15

TEEN CLASSES

Fun with Cartooning Workshop

11-15 years

This workshop combines the best of Cartooning and focuses on a variety of styles: Anime, Monsters, Transportation, Masters, and more. Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Instructor: Young Rembrandts

Location: Community Room

Activity #	Date	Time	Fees
240103-A	Thu: 1/21-3/4	4:30-6pm	R: \$158 / NR: \$168
240103-B	Thu: 3/11-4/29*	4:30-6pm	R: \$158 / NR: \$168

*No class dates 4/1

NEW!

Acting Workshop for TEENS

13-17 years

The C.A.R.E. Actor (Creative Awareness Responsive Education) program is an innovative theater arts program designed to encourage a sense of community and civic engagement in our youth in a unique and entertaining fashion. In class, students will use acting techniques to explore their imaginations, creativity, and talents while studying several relevant social issues. Thus, as they peel off the layers of a complex social issue, students will filter their insights regarding the issue into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study) and present them back in originally written sketches. So join us as we explore the world of theater arts and learn about current social issues! Fee includes reading and writing materials!

Instructor: C.A.R.E. Actor

Location: Art Room

Activity #	Date	Time	Fees
240701-A	Mon: 1/25-3/8*	7-8:30pm	R: \$117 / NR: \$127

*No class dates 2/15

NEW!

Gentleman's Academy

13-17 years

Learn the etiquette of being a gentleman. Topics include: Meetings and Greetings, Dating Etiquette, Showing Proper Respect, Dress and Grooming, Common Courtesies, Conversation, and Dining. Become the man who is remembered for all the right reasons.

Instructor: Etiquette School

Location: Senior Center-Left

Activity #	Date	Time	Fees
241011-A	Sat: 4/10	9:30-11:30am	R: \$35 / NR: \$45

NEW!

Dance Programs

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5077.

- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated if an enrolled student withdraws from the class.
- **Spring Recitals:** This semester will conclude with our two annual spring recitals. We will have two recitals for Preschool A & B classes on Saturday, June 5 at 10am and 12noon. The second recital day will be for all other classes on Saturday, June 12 at 11am, 2pm, and 4:30pm. All recitals will be held at the George Mason High School auditorium.
- **Costumes:** The class fee includes class instruction and recital costume. Full payment is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. Either a household credit or a refund check will be mailed to your home for the price of the costume. A costume will not be ordered for your child.
- **Class Transfers:** Students will have only two weeks to transfer from one dance class into another, as space permits. After February 8, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by the second class to ensure receipt for the dance recital. Each costume is hand-made and will be shipped to the Community Center from out of state companies.
- **Falls Church Ballet Program:** All classes in the Falls Church Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.

Shoes and Attire

Ballet Classes: Ballet shoes required. Dancewear or other form-fitting clothing required.

Tap/Jazz Classes: Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Jazz Classes and Creative Dance Classes: Jazz or ballet shoes required. Dancewear or other form-fitting clothing required

Ballet/Tap/Jazz Classes: Ballet and tap shoes required. Dancewear or other form-fitting clothing required.

Dance for Musical Theater and Hip Hop: No special shoes or clothing required.

Tiny Dancers 2-5 years

Tiny Dancers classes are designed for girls and boys, age 2-5, as an introduction to ballet. This exceptional performance based program incorporates classical technique and includes exquisite custom-made costumes and creative story-dance interpretations. Tiny Dancers will produce a mini dance recital at the end of the session.

Instructor: Tiny Dancers

Location: Dance Studio-Right

Activity #	Date	Time	Fees
Ages 3-4yrs			
210208-B	Fri: 1/29-5/7*	11-11:45am	R: \$285 / NR: \$295
Ages 4-5yrs			
210208-C	Fri: 1/29-5/7*	12-12:45pm	R: \$285 / NR: \$295
Mom & Me			
210208-D	Fri: 1/29-5/7*	10-10:45am	R: \$285 / NR: \$295

*No class dates 4/2



Preschool Dance A 2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes have no special shoes or clothing requirements.

Activity #	Date	Time	Fees
Location: Dance Studio			
Instructor: EBD-Culpepper			
210203-A	Mon: 1/25-5/10*	9:30-10am	R: \$98 / NR: \$108
Instructor: EBD-Culpepper			
210203-B	Mon: 1/25-5/10*	3:30-4pm	R: \$98 / NR: \$108
*No class dates 2/15, 3/29			
Instructor: EBD-Culpepper			
210203-C	Tue: 1/26-5/11*	9:30-10am	R: \$103 / NR: \$113
Instructor: EBD-Culpepper			
210203-D	Tue: 1/26-5/11*	12:30-1pm	R: \$103 / NR: \$113
*No class date 3/30			
Instructor: Dream in Color			
210203-H	Wed: 1/27-5/5*	9:30-10am	R: \$133 / NR: \$143
Instructor: Dream in Color			
210203-I	Wed: 1/27-5/5*	10-10:30am	R: \$133 / NR: \$143
*No class date 3/31			
Instructor: EBD-Davis			
210203-J	Thu: 1/28-5/13*	9:30-10am	R: \$103 / NR: \$113
Instructor: EBD-O'Hara			
210203-K	Thu: 1/28-5/13*	12:30-1pm	R: \$103 / NR: \$113
*No class date 4/1			
Location: Senior Center-Right			
Instructor: EBD-Davis			
210203-W	Sat: 1/30-5/1*	9:30-10am	R: \$94 / NR: \$104
Location: Dance Studio-Right			
Instructor: Dream in Color			
210203-X	Sat: 1/30-5/1*	10-10:30am	R: \$133 / NR: \$143

*No class date 4/3

Dance Programs

Preschool Dance B 3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or “noisy” shoes are recommended.

Activity #	Date	Time	Fees
Location: Dance Studio			
Instructor: EBD-Culpepper			
210213-A	Mon: 1/25-5/10*	10-10:45am	R: \$135 / NR: \$145
Instructor: EBD-Culpepper			
210213-B	Mon: 1/25-5/10*	2:45-3:30pm	R: \$135 / NR: \$145
Instructor: EBD-Ohr			
210213-C	Mon: 1/25-5/10*	3:45-4:30pm	R: \$135 / NR: \$145
*No class date 2/15, 3/29			
Instructor: EBD-Culpepper			
210213-D	Tue: 1/26-5/11*	10-10:45am	R: \$141 / NR: \$151
Instructor: EBD-Culpepper			
210213-E	Tue: 1/26-5/11*	1-1:45pm	R: \$141 / NR: \$151
*No class date 3/30			
Instructor: Dream in Color			
210213-H	Wed: 1/27-5/7*	10:30-11:15am	R: \$145 / NR: \$155
*No class date 3/31			
Instructor: EBD-Davis			
210213-J	Thu: 1/28-5/13*	10-10:45am	R: \$141 / NR: \$151
Instructor: EBD-O'Hara			
210213-K	Thu: 1/28-5/13*	1-1:45pm	R: \$141 / NR: \$151
*No class date 4/1			
Instructor: Dream in Color			
210213-L	Sat: 1/30-5/1*	10:30-11:15am	R: \$145 / NR: \$155
Location: Senior Center-Right			
Instructor: EBD-Davis			
210213-M	Sat: 1/30-5/1*	11:15am-12pm	R: \$128 / NR: \$138
*No class date 4/3			

Preschool Dance C 4-5 years

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Ballet shoes, and tap shoes, or “noisy” shoes are recommended.

Location: Dance Studio			
Activity #	Date	Time	Fees
Instructor: EBD-Culpepper			
210214-A	Mon: 1/25-5/10*	10:45-11:15am	R: \$140 / NR: \$150
210214-B	Mon: 1/25-5/10*	2-2:45pm	R: \$140 / NR: \$150
Instructor: EBD-Ohr			
210214-C	Mon: 1/25-5/10*	3-3:45pm	R: \$140 / NR: \$150
*No class date 2/15, 3/29			
Instructor: EBD-Culpepper			
210214-D	Tue: 1/26-5/11*	10:45-11:15am	R: \$146 / NR: \$156
210214-E	Tue: 1/26-5/11*	1:45-2:30pm	R: \$146 / NR: \$156
*No class date 3/30			
Instructor: Dream in Color			
210214-H	Wed: 1/27-5/5*	11:15am-12pm	R: \$150 / NR: \$160
*No class date 3/31			
Instructor: EBD-O'Hara			
210214-J	Thu: 1/28-5/13*	1:45-2:30pm	R: \$146 / NR: \$156
*No class date 4/1			
210214-K	Sat: 1/30-5/1*	12-12:45pm	R: \$133 / NR: \$143
Instructor: Dream in Color			
210214-L	Sat: 1/30-5/1*	11:15am-12pm	R: \$150 / NR: \$160
Location: Senior Center-Right			
Instructor: EBD-Davis			
210214-M	Sat: 1/30-5/1*	12-12:45pm	R: \$150 / NR: \$160
*No class date 4/3			



Ballet/Tap/Jazz I 5-8 years

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Location: Dance Studio			
Activity #	Date	Time	Fees
Instructor: EBD-Lauer			
220254-A	Mon: 1/25-5/10*	5:15-6:15pm	R: \$186 / NR: \$196
*No class dates 2/15, 3/29			
Instructor: EBD-Davis			
220254-B	Tue: 1/26-5/11*	4:15-5:15pm	R: \$195 / NR: \$205
*No class date 3/30			
Instructor: EBD-Culpepper			
220254-C	Thu: 1/28-5/13*	4:30-5:30pm	R: \$195 / NR: \$205
*No class date 4/1			
Instructor: EBD-Davis			
220254-D	Sat: 1/30-5/1*	10:15-11:15am	R: \$177 / NR: \$187
*No class date 4/3			



Ballet I 5-8 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet I classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: EBD-Lauer			
220220-A	Mon: 1/25-5/10*	4:30-5:15pm	R: \$145 / NR: \$155
Instructor: EBD-Rebollar			
220220-B	Thu: 1/28-5/13*	6-6:45pm	R: \$151 / NR: \$161
Instructor: EBD-Thornton			
220220-C	Sat: 1/30-5/1*	12-12:45pm	R: \$138 / NR: \$148

*No class dates 2/15, 3/29, 4/1, 4/3

Musical Theatre 1 5-8 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD-Lauer

Location: Dance-Right

Activity #	Date	Time	Fees
220703-A	Mon: 1/25-5/10*	6:15-7pm	R: \$145 / NR: \$155

*No class dates 2/15, 3/29



Jazz/ Hip Hop 1 5-8 years

Very exciting dance style, done to your favorite popular music!

Instructor: EBD-Culpepper

Location: Dance-Right

Activity #	Date	Time	Fees
220248-A	Fri: 1/29-5/14*	4:30-5:30pm	R: \$185 / NR: \$195

*No class dates 4/2

Dance with Me 5 & up

This class is a great way for parents/caretakers to enjoy exercise, music, and dance together. Have fun learning jazz and ballet steps, social dances, partner games, and much more!

Instructor: EBD-Culpepper

Location: Dance-Right

Activity #	Date	Time	Fees
230201-A	Wed: 1/27-5/12*	5:30-6:15pm	R: \$135 / NR: \$145

*No class dates 3/31

Street Jazz 6-9 years

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Britney Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
220213-A	Wed: 1/27-5/5*	5:30-6:30pm	R: \$148 / NR: \$158

*No class dates 3/31

Hip-Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
220218-A	Wed: 1/27-5/5*	6:30-7:30pm	R: \$153 / NR: \$163

*No class dates 3/31

Intermediate Ballet 9-12 years

Students will learn ballet fundamentals and terminology while developing poise, posture, strength, confidence, balance, and flexibility. Dancers of all styles benefit from regular training in this classical form. Prerequisite must have 3 years consistent minimum ballet training.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
220226-A	Mon: 1/25-5/3*	6-7pm	R: \$148 / NR: \$158

*No class dates 3/29



Creative Dance 2/3 9-14 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Instructor: EBD-Culpepper

Location: Dance-Right

Activity #	Date	Time	Fees
240261-A	Wed: 1/27-5/12*	6:15-7:15pm	R: \$190 / NR: \$200
240261-B	Thu: 1/28-5/13*	5:30-6:30pm	R: \$190 / NR: \$200

*No class dates 3/31, 4/1

Dance Programs

Tap/ Jazz 2/3 9-14 years

Build strength, flexibility, rhythm and grace while having a great time to a variety of music.

Instructor: EBD-Wilhelm

Location: Dance-Right

Activity #	Date	Time	Fees
220231-A	Fri: 1/29-5/14*	5:30-6:30pm	R: \$190 / NR: \$200

*No class dates 4/2

Jazz/ Hip Hop 2/3 9-14 years

Very exciting dance style, done to your favorite popular music!

Instructor: EBD-Wilhelm

Location: Dance-Right

Activity #	Date	Time	Fees
220249-A	Fri: 1/29-5/14*	6:30-7:30pm	R: \$190 / NR: \$200

*No class dates 4/2

Musical Theatre II/III 9-14 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre. Facial expressions and exaggerated movements needed for dance in theatre will be taught. No special shoes or clothing required.

Instructor: EBD-Ohr

Location: Dance-Left

Activity #	Date	Time	Fees
230220-A	Mon: 1/25-5/10*	4:30-5:30pm	R: \$181 / NR: \$191

*No class dates 2/15, 3/29



Preteen Hip Hop 10-12 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
220214-A	Wed: 1/27-5/5*	7:30-8:30pm	R: \$153 / NR: \$163

*No class dates 3/31

BALLET PROGRAM

Instructor Referral/Permission Required

The following classes, offered by Every Body Dance's qualified instructors, are designed for students who want to pursue ballet more intensively, beyond a recreation class level. Registration for each level requires a written referral from a program instructor prior to registration. Placement classes will be held prior to the session, free of charge for all new students and returning students wishing to be reevaluated. Students must be proficient in appropriate steps at each specific level and have instructor's approval to progress to the next level. Consistent attendance and participation in class are factors beneficial for advancement. Students will need full-sole leather or canvas ballet slippers, and leotards for class. For more information please e-mail everybodydance07@gmail.com.



Elementary Ballet 8-14 years

Instructor placement required. For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly.

Location: Dance Studio

Activity #	Date	Time	Fees
Elementary Ballet			
Instructor: EBD-O'Hara			
220227-A	Tue: 1/26-5/11*	4:15-5:15pm	R: \$185 / NR: \$195
Instructor: EBD-Culpepper			
220227-B	Wed: 1/27-5/12*	4:30-5:30pm	R: \$185 / NR: \$195
Junior 1			
220227-C	Tue: 1/26-5/11*	5:15-6:15pm	R: \$190 / NR: \$200
Junior 2/3			
Instructor: EBD-O'Hara			
220227-E	Tue: 1/26-5/11*	5:15-6:15pm	R: \$190 / NR: \$200
Junior 2/3			
Instructor: EBD-Rebollar			
220227-F	Wed: 1/27-5/12*	7:15-8:30pm	R: \$190 / NR: \$200

*No class dates 3/30, 3/31



Dance Programs

Senior Level Ballet 13-18 years

Instructor placement required. Senior level, formerly Advanced Ballet and Prepointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program. Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength and prevent injury.

Location: Dance Studio

Activity #	Date	Time	Fees
Pre-Pointe/Sr Ballet			
Instructor: EBD-Clay			
220228-A	Mon: 1/25-5/10*	7-8:30pm	R: \$254 / NR: \$264

Senior Ballet

Instructor: EBD-Ellis			
220228-B	Thu: 1/28-5/13*	7:15-8:30pm	R: \$234 / NR: \$244

Pre-Pointe/Sr Ballet

Instructor: EBD-Thornton			
220228-C	Sat: 1/30-5/1*	10-11:30am	R: \$241 / NR: \$251

Pointe

220228-D	Sat: 1/30-5/1*	11:30am-12pm	R: \$124 / NR: \$134
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*No class dates 2/15, 3/29, 4/1, 4/3



Adult Hip Hop 18 & up

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Must be 18 years or older.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
250211-A	Wed: 1/27-5/5*	8:30-9:30pm	R: \$98 / NR: \$108

*No class dates 3/31

Falls Church Recreation and Parks

Flamenco 13 & up

The dances of Spain are varied and rich in ethnic and regional traditions. Fluid arms and percussive footwork are hallmarks of Flamenco dance that are paralleled in the beautiful melodies and intricate rhythms of Flamenco music. Originating in the Andalusia region of southern Spain, the fire of Flamenco dance is reflective of its gypsy (Gitano) dancing roots and influences from Arabic traditions. Learn traditional as well as original dances that are steeped in folklore and melding cultures dating back to the 1500's in then Moorish Spain. Encompassing regional and folk dance as well as classical and neo-classical dance, Spanish Dance uses a wide variety of traditional music and features castanets. Castanets are handheld, percussive instruments that highlight and accent the intricate rhythms of the many dances they accompany. This Flamenco class will not include the study of castanets.

Instructor: Dream In Color

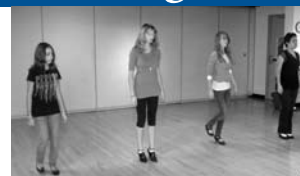
Location: Dance-Left

Activity #	Date	Time	Fees
Flamenco- Ages 13-18			
240203-A	Fri: 1/29-5/7*	6-7pm	R: \$153 / NR: \$163

Flamenco- Ages 18 up

240203-B	Fri: 1/29-5/7*	7-8pm	R: \$153 / NR: \$163
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*No class dates 4/2



Ballroom Wedding Dances 16 & up

Learn to dance for that special occasion, your wedding. Or, just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot and Rumba. These are the three basic slow dances that couples chose for there special first dance. You'll learn proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. The per person fee includes eight lessons, a total of 12 hours of instruction.

Instructor: Tom Woll & Assoc.

Location: Art Room

Activity #	Date	Time	Fees
250207-A	Thu: 1/21-3/11	7-8:30pm	R: \$84 / NR: \$94

Social Dance- Basic Survival I 16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase. The per person fee includes 8 lessons, a total of 12 hours of instruction.

Instructor: Tom Woll & Assoc.

Location: Art Room

Activity #	Date	Time	Fees
250210-A	Thu: 1/21-3/11	8:30-10pm	R: \$84 / NR: \$94



Holiday Activities and Professional Day Camps

HOLIDAY ACTIVITIES

Tiny Chefs Cooking Class

3-7 years

NEW!

Aspiring little chefs will learn the basics of cooking using bake and no-bake recipes in this delicious offering. Children will learn how to: follow a recipe, measure, and combine ingredients, gain a greater knowledge of food ingredients and their orientation, gain a greater knowledge of cooking techniques through observation and practice, broaden personal tastes of food and combinations of ingredients, and collaborate in a small group setting to create a finished edible product. In each class children prepare and eat an entrée, healthy snack, or dessert while their communication skills and ability to work within a small group setting are enhanced. Watch their confidence soar! Each class is completely interactive, and each child will receive their very own cookbook of everything they make. As the entrée, snack or dessert is cooking, the children will play and learn about nutrition and food safety through interactive games and activities.

Instructor: Tiny Chefs

Activity #	Date	Time	Fees
Gingerbread House Decorating			
Location: Senior Center-Left			
110301-A	Sun: 12/13	2:30-4pm	R: \$40 / NR: \$50
Cookie Jar: Holiday Cookies			
Location: Senior Center-Left			
110302-A	Sun: 12/13	4:15-5:45pm	R: \$40 / NR: \$50
Festival of Lights (Hanukkah)			
Location: Art Room			
110303-A	Sun: 12/20	4:15-5:45pm	R: \$40 / NR: \$50

Maddy's Winter Holiday Parties

Birth-6 years

Bring your children to join "Miss Maddy" of Music Together to celebrate the season with this special Holiday-themed music program. We will include all the wonderful diversity of our Holiday season. Let's have fun together this December. This music and dance class for children and their adults will include instruments, fun activities, dancing and movement, and a few surprises!! Perfect for siblings and bring the grandparents along too! NO charge for babies one year and younger with registered sibling. Siblings receive a \$5 discount. Maddy will be collecting toys for Toys for Tots so bring a little something along for the basket if you can!!! Any big or small toy or item is most appreciated for the children and families in our community who need a little extra boost this Holiday season. We'll jingle bell rock!!

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
130601-A	Mon: 12/14	9-9:45am	R: \$20 / NR: \$25
130601-B	Mon: 12/14	10-10:45am	R: \$20 / NR: \$25
130601-C	Mon: 12/14	11-11:45am	R: \$20 / NR: \$25
130601-D	Tue: 12/15	9-9:45am	R: \$20 / NR: \$25
130601-E	Tue: 12/15	10-10:45am	R: \$20 / NR: \$25
130601-F	Tue: 12/15	11-11:45am	R: \$20 / NR: \$25

PROFESSIONAL DAY CAMPS

Movement Adventures 5-7 years

Escape the cold and join us for an Under the Sea adventure. Get ready to swim like a fish, be chased by a shark, move like seaweed, search for treasure and more! Children will play a variety of activities including cooperative games, tag, obstacle courses and movement exploration. This camp will keep the children active, promote teamwork and spark their imagination! On Presidents Day, join us for an exciting Road Trip. Get ready to blastoff like a rocket, zoom like a racecar, move like a train and more! Children will play a variety of activities including cooperative games, tag, obstacle courses and movement exploration. This camp will keep the children active, promote teamwork and spark their imagination!

Instructor: Play by Play

Location: Gym

Activity #	Date	Time	Fees
Under Sea Adventure			
220916-A	Mon: 1/18	9-11am	R: \$20 / NR: \$25
Road Trip			
220917-A	Mon: 2/15	9-11am	R: \$20 / NR: \$25

Can You Dig It 6-11 years

Each child will partake in a simulated fossil excavation, uncovering the different bones of a dinosaur. Each child will then assemble the bones to form a completed 3-dimensional dinosaur to be taken home. You will make a plaster fossil replica of an ammonite, Tyrannosaurus rex tooth or choose from other molds. See and work with our rock and mineral collection and hold our giant pumice rock specimen - it's from Mt. St. Helens.

Location: Art Room

Activity #	Date	Time	Fees
281421-A	Mon/Fri: 1/29-2/1*	9am-4:30pm	R: \$160 / NR: \$170

*No class dates 1/30, 1/31

African American Artists 6-12 years

This workshop will take a look at the diverse styles and techniques used by several African American Artists. Get an extra dose of happiness by exploring the upbeat, colorful artwork of Alma Thomas. Create a jazzy collage in the style of Romare Bearden and more! Children should bring a bag lunch.

Location: Art Room

Activity #	Date	Time	Fees
281416-A	Mon: 1/18	9am-3pm	R: \$60 / NR: \$70

Bracelet Designing 8-10 years

In this class, design and finish a very colorful bracelet using paper, shrink plastic and other materials and a variety of rubberstamping techniques. Take home a finished bracelet to keep or give as a gift!

Instructor: Carol Lavrich

Location: Teen Center

Activity #	Date	Time	Fees
230102-A	Mon: 1/18	9am-12pm	R: \$43 / NR: \$53
230102-B	Mon: 2/15	9am-12pm	R: \$43 / NR: \$53

**Registration
begins now for
all winter break
activities and
camps**

Sports Spectacular 6-12 years

Join us for a day of fun! These one day specials will teach the rules of the games, proper motions and use of equipment but will focus on having fun! A rotation of sports such as basketball, flag football, kickball and more will be played. Participants should bring a bagged lunch and a drink.

Location: Gym

Activity #	Date	Time	Fees
281422-A	Mon: 2/15	9am-3pm	R: \$60 / NR: \$70
281422-B	Mon: 4/12	9am-3pm	R: \$60 / NR: \$70
281422-C	Mon: 5/3	9am-3pm	R: \$60 / NR: \$70

WINTER BREAK CAMPS

Tiny Dancers - Santa Camp 3-5 years

Because holiday madness reaches a peak on Christmas Eve, Tiny Dancers invites your "little helpers" to mornings of fun and excitement as you make your last minute preparations. Each day, dancers will join us for a ballet lesson, games, crafts, a snack and our creative movement interpretation of a favorite seasonal story.

Location: Dance-Left

Activity #	Date	Time	Fees
181408-A	Mon-Thu: 12/28-12/31	10am-12pm	R: \$160 / NR: \$170

There is no extended care for this camp.

Holiday BreakOut 3-6 years

A fun-filled academic adventure during the winter holiday season. Let the little ones come play and learn at a time when there is usually "nothing to do." We will sing, dance, do math and more.

Instructor: Karen Howenstein

Location: Preschool Room

Activity #	Date	Time	Fees
111012-A	Mon-Wed: 12/21-12/23	1-4pm	R: \$78 / NR: \$88
111012-B	Mon-Thu: 12/28-12/31	1-4pm	R: \$106 / NR: \$116

There is no extended care for this camp.

All American Sports Camps 6-11 years

Get active and have fun this winter break at the ultimate sports camp. The camp is set up to appeal to campers ages 6-11 who want to have fun and experience a variety of sports such as soccer, basketball, flag football, volleyball, whiffleball, and floor hockey, in addition to other sports and physical education activities. We want campers to have fun and develop self esteem, confidence, and a positive attitude while being active. This camp must reach minimum enrollment two weeks prior to the start of camp so please register early!

Location: Gym

Activity #	Date	Time	Fees
181401-A	Mon-Thu: 12/28-12/31	9am-3pm	R: \$120 / NR: \$130

Extended Care:

189991-A	7-9am	\$20
189992-A	3-6pm	\$30

Extended Care Location: Falls Church Community Center

Holiday Hijinx 6-12 years

Looking for a creative outlet during Winter Break? Join us for four days of Hijinx! Make new friends as you learn how to command the stage. Students can get fired up for the New Year by learning how to safely combat to do slaps, punches, hair pulls and exciting tricks. They will put these moves into action while doing improvisation and acting workshops. Students will learn how to sell a scene for the audience by making the emotions and movements realistic and safe at the same time. Learn the basics of acting and stage combat all in one whirlwind week of Holiday fun!

Location: Community Room

Activity #	Date	Time	Fees
181404-B	Mon-Thu: 12/28-12/31	9am-3pm	R: \$190 / NR: \$200

Extended Care:

189991-A	7-9am	\$20
189992-A	3-6pm	\$30

Extended Care Location: Falls Church Community Center

Sciensational Workshops 7-12 years

Build and take home your own Rockit Robot. It's sound activated. Use the clap of your hands or the sound of your voice to get it moving. It has a very sensitive touch/sound sensor. When it comes in contact with an object it will automatically go into reverse, and then turn left before embarking on a new course. It's fast!!! You're able to adjust its sensitivity to sound. You will see, first-hand, the many gears, circuit board, microphone, and it's easy to assemble mechanical drive system. The completed project will help build self-confidence. You will also get to build other robots as a part of a small group. Be a part of robotic technology and have fun investigating the future effects it will have on our lives.

Location: Art Room

Activity #	Date	Time	Fees
181409-A	Mon/Tue: 12/28-12/29	9am-4:30pm	R: \$160 / NR: \$170

Extended Care:

189991-A	7-9am	\$20
189992-A	3-6pm	\$30

Extended Care Location: Falls Church Community Center

Holiday Bake Out 8-17 years

Want to do some holiday baking and call it a math class? Come bake and bring your brains, too. Make a holiday treat from our recipes to take home. Supplies provided for some traditional treats, but if you have a favorite recipe, you can bring it and the supplies you need to bake it instead. No baking experience necessary.

Instructor: Karen Howenstein

Location: Preschool Room

Activity #	Date	Time	Fees
111013-A	Mon-Wed: 12/21-12/23	9-11:30am	R: \$78 / NR: \$88

There is no extended care for this camp.

Spring Break Camps

Bunny Hop Camp 3-5 years

Tiny Dancers invites your "little hoppers" to five mornings of fun and excitement during spring break. Join us each day for a ballet lesson, games, crafts, treats and the Tiny Dancers creative interpretation of a favorite seasonal story.

Location: Dance-Left

Activity #	Date	Time	Fees
281423-A	Mon-Fri: 3/29-4/2	10am-12:30pm	R: \$200 / NR: \$210

There is no extended care for this camp.



UK SportsWeek Camp 5-14 years

UK Sports weeks incorporate popular British Sports and fun team game. Sample activities include kwik cricket, flag rugby, rounders, bowls, superstar circuits, gaelic football, soccer, mini olympics and team relays. Professional teachers and coaches will recreate a field day setting to guarantee every child will have an action packed week.

Location: Mason Lower Field

Activity #	Date	Time	Fees
281426-A	Mon-Fri: 3/29-4/2	9am-3pm	R: \$165 / NR: \$175

There is no extended care for this camp.

Acting Tricks of the Trade 6-10 years

Students will learn the tricks of the trade on how to become a good actor. Whether your child is new to acting or is constantly the class clown, this class is designed for them. Students will learn the process of character development, enhance their vocal quality, and learn how to make characters come to life through exercises and script work. Students will also learn the importance of ensemble and how to establish good acting technique with scene partners. During this one-week course, students will practice techniques to help them "stand out" including an interesting and expressive "stage voice", physical stamina and control.

Location: Community Room

Activity #	Date	Time	Fees
281413-B	Mon-Fri: 3/29-4/2	9am-3pm	R: \$250 / NR: \$260

Extended Care:
 281405-A 7-9am \$25
 281406-A 3-6pm \$35

Extended Care Location: Falls Church Community Center

Spring Break Trips

A week of trips for 5th-8th graders is scheduled for Spring Break. Destinations include Dave & Busters, Horseback Riding, Swimming, Ice Skating, and Central Park Funland. Please call **703-248-5307** for more information.

Make It and Take It Home 6-11 years

In this hands-on, fun, and exciting program, you will discover how amazing science is. You will make and take home a wide assortment of toys designed to teach you science concepts in a hands-on way. Grow and take home a crystal tree. Make an energy bead bracelet and watch as those amazing beads turn from white to a rainbow of colors before your eyes. Build a working electric motor. Make your own sharpie pen T-shirt and learn some cool chemistry (student supplies a 100% cotton T-shirt). Make your own bubbling blobs and explore the properties of a density tube. Make silly putty -glowing goo- green flubber and other cool projects. By the way...we will make ice cream in our own amazing, different, Scienstational way!

Location: Art Room

Activity #	Date	Time	Fees
281424-A	Mon/Tue: 3/29-3/30	9am-4:30pm	R: \$160 / NR: \$170

Extended Care:

281405-A	7-9am	\$25
281406-A	3-6pm	\$35

Extended Care Location: Falls Church Community Center



Advanced Robotics 7-12 years

In this workshop you'll be building and taking home the Jungle Robot, an advanced level robot. There are many steps in the assembly process, one of which is the gear box. You'll get to see and learn how different types of gears mesh and are driven by a motor. You'll connect the motor, battery and microphone to a circuit board, which will program your sound activated (clap of the hand) robot.

Location: Art Room

Activity #	Date	Time	Fees
281425-B	Wed/Thu: 3/31-4/1	9am-4:30pm	R: \$160 / NR: \$170

Extended Care:

281405-A	7-9am	\$25
281406-A	3-6pm	\$35

Extended Care Location: Falls Church Community Center

Spring Break Camps

Giant Basketball Academy 8-13 years

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball. This camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop all-around players.

Location: Gym-Full

Activity #	Date	Time	Fees
281400-A	Mon-Fri: 3/29-4/2	9am-3pm	R: \$120 / NR: \$130

Extended Care:

281405-A	7-9am	\$25
281406-A	3-6pm	\$35

Extended Care Location: Falls Church Community Center



Junior Golf Camp 8-16 years

Each day at camp, the children will rotate from station to station learning golf skills. Instructors teach skills of the game as well as rules and etiquette. Contests will be held and at least one actual round of golf will be played (weather permitting). A hat, souvenir water bottle, tee shirt, snacks and bottled water will be provided.

Activity #	Date	Time	Fees
281411-A	Mon-Fri: 3/29-4/2	9am-3pm	R: \$400 / NR: \$410

Extended Care:

281405-A	7-9am	\$25
281406-A	3-6pm	\$35

Extended Care Location: Falls Church Community Center

Olympic Fencing 9-18 years



Known as "the physical game of chess" and the fastest martial art, fencing provides a tremendous physical and mental workout. A fencer's goal is to hit the opponent on a valid target without

being hit. All movements include handwork, footwork, and strategy formulation. Reflexes, speed, and cunning are integral parts of this sport which is excellent for building coordination, balance and agility. Protective masks, jackets and safety tipped swords are used to make fencing one of the safest sports for adults and children alike. An equipment rental fee of \$29 should be made payable to VAF on the first day of camp. Also, a waiver must be signed by a parent/legal guardian on the first day. There is no transportation to this camp.

Location: VA Academy of Fencing, Springfield, VA

Activity #	Date	Time	Fees
281409-A	Mon-Fri: 3/29-4/2	9am-12pm	R: \$180 / NR: \$190

There is no extended care for this camp.

Historical Swordsmanship 9-18 years

Students will explore swordsmanship the way that it was originally practiced in the Medieval and Renaissance periods. Historical swordsmanship recreates the techniques used by fencers who lived before the modern sport was created. Safe wooden bamboo swords called shinai are used as well as protective masks, jackets and safety tipped foils. An equipment rental fee of \$29 should be made payable to VAF on the first day of camp. Also, a waiver must be signed by a parent/legal guardian on the first day. There is no transportation to this camp.

Location: VA Academy of Fencing, Springfield, VA

Activity #	Date	Time	Fees
281410-A	Mon-Fri: 3/29-4/2	12:30-3:30pm	R: \$180 / NR: \$190

There is no extended care for this camp.

Super Spring Camp! 6-12 years

This new camp will feature sports, arts and crafts, music, games and more! Time will also be made available for unstructured play. The theme for the week will be spring. Campers should bring their lunch to camp each day except Friday when we will have a pizza party!

Location: Community Room

Activity #	Date	Time	Fees
281427-A	Mon-Fri: 4/5-4/9	9am-3pm	R: \$115 / NR: \$125

Extended Care:

281405-B	7-9am	\$25
281406-B	3-6pm	\$35

Extended Care Location: Falls Church Community Center

**Week of
April 5-9**

**Register
Online at
www.fallschurchva.gov!**

Teen Programs

TEEN CENTER

The Teen Center is located at the Falls Church community Center and is open exclusively for teens Monday through Friday from 3pm – 6pm and on early release Wednesdays. The drop-in Teen Center features a pool table, ping pong, foosball, air hockey, a large screen television with surround sound and a Playstation 2. Every Wednesday a movie is shown and free popcorn and sodas are provided. For more information on Teen Programming, please call the Teen coordinator at **703-248-5307**.

Midnight Madness

Midnight madness is a fun night out for youth in grades 5-7. Participants have the opportunity to hang out with their friends and participate in activities. Some sample activities may include games such as “Don’t forget the Lyrics”, bingo, eating contests, scavenger hunts and more! A PG or PG-13 film is shown as well. Pizza and sodas are available for sale. Once children enter the facility, they may not leave until they are signed out by an adult. No pre-registration necessary!

Dates: Fridays, January 15, February 5, March 12, April 9 and May 7

Time: 7pm-midnight

Fee: \$3



Dances

The Recreation and Parks Department offers several dances during the school year for youth in grades 6-8. While the DJ spins your favorites, participants can dance, hang out with friends, play basketball or play games in the Teen Center such as pool, ping pong, air hockey and more.

Pizza and sodas are available for sale. Once participants enter the building, they may not leave until they are signed out by an adult. No pre-registration necessary!

Dates: Saturdays, January 23, February 20, March 27, April 24 and May 22

Time: 7:30pm to 10:30pm

Fee: \$5



Movie Wednesdays

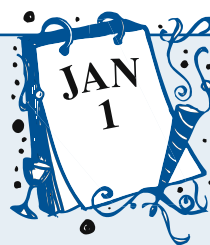
Every Wednesday popcorn and sodas will be available to teens at the teen center while we show a movie on the big screen television. Movies will be rated PG or PG-13.

Fee: Free



Teen Work List

Are you looking for work to make some money? This service is for you to place your name on a list for possible work opportunities. When residents need someone to do jobs such as babysitting, yard work, snow shoveling, dog walking and more, they can contact us and we will contact you! Please call the Teen Coordinator at **703-248-5307** or stop by at the Community Center for a registration form. Once you are registered, the next time work is available, we will send you an e-mail to let you know!



New Year's Eve Party

The Falls Church Community Center presents its annual New Year's Eve Extravaganza exclusively for middle schoolers. While Mr. DJ plays your favorites, don't forget to make time for the inflatable obstacle

course, defender dome, or bouncy boxing. The party will also feature lots of food, games, prizes and of course, the big countdown! Don't miss your chance to celebrate the New Year with your friends at the hottest party in Falls Church!

Falls Church Community Center

New Year's Eve, December 31 - 7pm to 1am

Activity #		Fees	Dates
Early Bird	141503-A	\$20	Now.-Dec. 4
Regular Admission	141503-B	\$30	Dec. 5
Day of Event Fee	141503-C	\$35	Dec. 31
Parent Chaperone	141503-D	Free! (minimum 3 hours)	



MIDDLE SCHOOL TRIPS

A Day in DC 10-14 years

Celebrate Martin Luther King Day with us in DC ice skating at the Smithsonian sculpture garden, viewing an IMAX film at the Museum of Natural History and visiting the National Museum of African Art. Please bring \$20 for ice skating and the IMAX as well as additional money for the metro and lunch.

Activity #	Date	Time	Fees
241491-A	Mon: 1/18	10am-5pm	\$29

Snow Tubing 10-14 years

Travel with us to Liberty Mountain's Boulder Ridge Snow Tubing area! This area features up to 15 smooth lanes for tubing along with a moving carpet to take you to the top! Please bring additional money for food or hot chocolate! All should be dressed properly with well insulated shoes! A waiver is required and will be distributed to all who are registered. This trip is dependant on snow conditions.

Activity #	Date	Time	Fees
241411-A	Sat: 1/23	10am-5pm	\$57

Shopping Trip 10-14 years

Bring along all your holiday gift cards as we shop at Potomac Mills! This mall features department stores, fashions stores, specialty stores, a movie theater and much more! Falls Church City students do not have school on Friday so this is a great way to start the long weekend!

Activity #	Date	Time	Fees
241468-C	Thu: 1/28	3:30-9pm	\$33

Whitetail Ski & Snowboard 10-18 years

Whitetail has a top elevation of 1,800 feet and features 10 lifts taking its skiers/boarders to 21 trails. It also features a half pipe and two terrain parks. Please bring additional money for food. All participants must have a signed waiver that will be distributed after you register.

Activity #	Date	Time	Fees
Lift Ticket Only			
241401-A	Fri: 1/29	9am-8pm	\$83
Learn Ski/Snowboard			
241401-B	Fri: 1/29	9am-8pm	\$106
EZ Ski/Snowboard			
241401-B1	Fri: 1/29	9am-8pm	\$114
All Mount. Ski/Board			
241401-C	Fri: 1/29	9am-8pm	\$129
Ski Rental Only			
241401-D	Fri: 1/29	9am-8pm	\$40
Snowboard Rental only			
241401-E	Fri: 1/29	9am-8pm	\$46
Helmet Rental			
241401-F	Fri: 1/29	9am-8pm	\$12

Dave and Busters 10-14 years

Dave and Busters features games such as Dance Dance Revolution, Daytona USA, Nothing But Net, Spin-N-Win and more. It also features non-arcade games such as shuffleboard and billiards. We will play games and make time to have lunch. Please bring money for food and games.

Activity #	Date	Time	Fees
241477-A	Mon: 2/1	11am-3pm	\$27

Snow Tubing 10-14 years

Travel with us to Liberty Mountain's Boulder Ridge Snow Tubing area! This area features up to 15 smooth lanes for tubing along with a moving carpet to take you to the top! Please bring additional money for food or hot chocolate! All should be dressed properly with well insulated shoes! A waiver is required and will be distributed to all who are registered. This trip is dependant on snow conditions.

Activity #	Date	Time	Fees
241411-C	Mon: 2/15	10am-5pm	\$57

Liberty Mountain Ski & Snowboard 10-18 years

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. Don't miss your chance to ride down the 5,200 feet long Dispy Doodle or any of the other fifteen trails. Please bring additional money for food. All participants must have a signed waiver that will be distributed after you register.

Activity #	Date	Time	Fees
Lift Ticket Only			
241400-A	Sat: 2/20	8am-6:30pm	\$91
Learn Ski/Snowboard			
241400-B	Sat: 2/20	8am-6:30pm	\$115
All Mount. Ski/Board			
241400-C	Sat: 2/20	8am-6:30pm	\$135
Ski Rental Only			
241400-D	Sat: 2/20	8am-6:30pm	\$38
Snowboard Rental only			
241400-E	Sat: 2/20	8am-6:30pm	\$44
Helmet Rental			
241400-F	Sat: 2/20	8am-6:30pm	\$12

Ice Skating 10-14 years

Join us for ice skating at the Mount Vernon Ice Arena. Please bring \$10 for skate rental and admission. You may also bring additional money for the vending machines.

Activity #	Date	Time	Fees
241409-B	Mon: 2/22	3:15-6:30pm	\$23



ESPN Zone 10-14 years

Join us at ESPN Zone for large screen televisions, air hockey, bowling, basketball, arcade games and great food! Please bring money for the metro, food and games.

Activity #	Date	Time	Fees
241418-A	Thu: 2/25	3-8pm	\$22

Teen Activities

Clay Cafe 10-14 years



Meet at the Falls Church Community Center and we will walk over to Clay Cafe where you can pick and paint your own piece. The studio fee is included in your

registration but you will need additional money for the pottery piece you choose. Your painted piece will be available for pick up at the Falls Church Community Center one week later.

Activity #	Date	Time	Fees
241404-A	Mon: 3/8	3:15-5pm	\$20

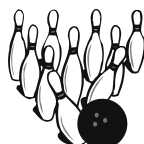
Wakefield Skate Park 10-15 years

Bring your rollerblades or skate boards with you to Wakefield Skate Park. The freestyle course features bank ramps, a 4 foot quarter pipe, pyramid, grind rails and a grind box. The Competition course consists of a double jum-box, euro gap, bank ramp with kicker, roll-over radius, and a grind box. Helmets, knee pads and shoulder pads are required. If you do not have them, you may rent them for \$5 for the set or \$2 per piece. Please bring additional money for food.

Activity #	Date	Time	Fees
241473-A	Thu: 3/18	3-8pm	\$32
241473-B	Mon: 4/26	3-8pm	\$32
241473-C	Thu: 5/20	3-8pm	\$32

Cosmic Bowling 10-14 years

At Bowl America, when the lights go out, the pins light up, fog rolls over the lanes, lasers beam around the room and the music rocks. The fee includes shoe rental and games. Please bring additional money for snacks.



Activity #	Date	Time	Fees
241406-B	Fri: 3/26	9-midnight	\$36

Bike The Sites 10-15 years

Enjoy a leisurely bike ride with us through downtown DC just after the Cherry Blossom festival. The fee includes the bike rental, helmet, bottled water and a light snack. Participants should be dressed weather-appropriate. Please bring additional money for the metro and lunch.

Activity #	Date	Time	Fees
241429-A	Mon: 4/12	10am-2pm	\$59

Chuck E. Cheese 10-14 years

Be a kid again at Chuck E. Cheese! Join us for games, arcades, food and prizes! Please bring additional money for all games and food.

Activity #	Date	Time	Fees
241492-A	Thu: 4/22	3:30-7:30pm	\$27

Paintball 10-15 years

Ready, Aim, Fire! Take aim at your friends at Hogback Mountain. All necessary rental equipment is provided in the rental package as well as 500 paintballs. Those with their own equipment also receive 500 paintballs. Come out and enjoy a day of playing paintball. Please bring lunch or bring \$5 for lunch and money for extra paintballs. **YOU MAY NOT BRING YOUR OWN PAINTBALLS!**



Activity #	Date	Time	Fees
Rental Equipment			
241448-A	Mon: 5/3	9am-6:30pm	\$75
Own Equipment			
241448-D	Mon: 5/3	9am-6:30pm	\$60

Ultra Zone 10-14 years

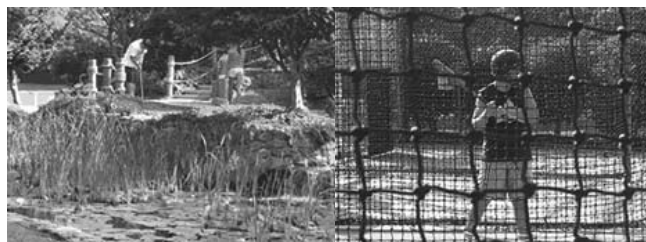
Come with us to Ultrazone® for the ultimate laser adventure. Ultrazone offers state of the art laser tag games and arcade games. Additional games include air hockey, video golf, shooting games, dance machines, driving adventures, and more. Fee includes three games of laser tag. Please bring additional money for other games and snacks!

Activity #	Date	Time	Fees
241439-A	Thu: 5/13	3-7pm	\$47

Upton Hill Park 10-14 years

How's your golf game? Could you hit more homers than Barry Bonds? Prove your skills on the putting green at Upton Hills Park, plus see if you hit a 90mph baseball at the batting cages at Upton Hills Park. Please bring money for mini golf, the batting cages and food.

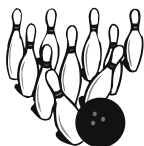
Activity #	Date	Time	Fees
241407-A	Mon: 5/24	3-6:30pm	\$17



HIGH SCHOOL TRIPS

Cosmic Bowling 14-18 years

At Bowl America, when the lights go out, the pins light up, fog rolls over the lanes, lasers beam around the room and the music rocks. The fee includes shoe rental and games. Please bring additional money for snacks.



Activity #	Date	Time	Fees
241406-A	Fri: 1/22	9-midnight	\$36



Whitetail Ski & Snowboard 10-18 years

Whitetail has a top elevation of 1,800 feet and features 10 lifts taking its skiers/boarders to 21 trails. It also features a half pipe and two terrain parks. Please bring additional money for food. All participants must have a

signed waiver that will be distributed after you register.

Activity #	Date	Time	Fees
Lift Ticket Only			
241401-A	Fri: 1/29	9am-8pm	\$83
Learn Ski/Snowboard			
241401-B	Fri: 1/29	9am-8pm	\$106
EZ Ski/Snowboard			
241401-B1	Fri: 1/29	9am-8pm	\$114
All Mount. Ski/Board			
241401-C	Fri: 1/29	9am-8pm	\$129
Ski Rental Only			
241401-D	Fri: 1/29	9am-8pm	\$40
Snowboard Rental only			
241401-E	Fri: 1/29	9am-8pm	\$46
Helmet Rental			
241401-F	Fri: 1/29	9am-8pm	\$12

Washington Wizards Game 14-18 years

Travel with us to the Verizon Center to see Washington's own Gilbert Arenas take on Carmelo Anthony and the Denver Nuggets. Please bring additional money for the metro and snacks.

Activity #	Date	Time	Fees
241412-A	Fri: 2/19	5-10:30pm	\$51



Register
Online at
www.fallschurchva.gov!

Liberty Mountain Ski & Snowboard 10-18 years

Grab your winter gear and hit the slopes with us at Liberty Mountain Resort. Don't miss your chance to ride down the 5,200 feet long Dispy Doodle or any other the other fifteen trails. Please bring additional money for food. All participants must have a signed waiver that will be distributed after you register.

Activity #	Date	Time	Fees
Lift Ticket Only			
241400-A	Sat: 2/20	8am-6:30pm	\$91
Learn Ski/Snowboard			
241400-B	Sat: 2/20	8am-6:30pm	\$115
All Mount. Ski/Board			
241400-C	Sat: 2/20	8am-6:30pm	\$135
Ski Rental Only			
241400-D	Sat: 2/20	8am-6:30pm	\$38
Snowboard Rental only			
241400-E	Sat: 2/20	8am-6:30pm	\$44
Helmet Rental			
241400-F	Sat: 2/20	8am-6:30pm	\$12

Central Park Funland 14-18 years

Central Park Funland features Laser Tag, a Rock Wall, Bumper Cars, over 100 Video and Arcade Games and more! Please bring money for rides, attractions, arcade games, batting cages, billiard tables and lunch!

Activity #	Date	Time	Fees
241454-A	Sat: 3/13	10am-5pm	\$32

Ice Skating 14-18 years

Whether you are a novice or an expert, come show off your skills at Cabin John Ice Rink. Please bring \$10 for admission and skate rental as well as additional money for food.

Activity #	Date	Time	Fees
241409-G	Fri: 4/23	7:30-11pm	\$25



Sport Classes

Learning Karate 9 & up



Beginning Karate is an introductory class for people of all ages interested in learning martial arts. The beginner class covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial

arts. The physical requirements are tailored to the students' capabilities. Beginning students do not participate in any sparring (fighting). For additional information, please visit

www.StratfordKarate.org.

Instructor: Bill Kennedy & Rick Hathaway

Location: Dance-Right

Activity #	Date	Time	Fees
Learning Karate			
250502-A	Mon: 1/25-5/3*	7-8pm	R: \$156 / NR: \$166
Intermediate Karate			
250502-B	Mon: 1/25-5/3*	8:15-9:15pm	R: \$156 / NR: \$166

*No class dates 2/15, 3/29

Karate - Advanced 9 & up

Tang Soo Do Karate is a traditional Korean martial art with emphasis on practical application and self-defense. Through techniques and forms, you will develop speed, balance, and coordination. Students progress at their own pace. Uniforms are required for a second-term enrollment and may be purchased from the instructor.

Instructor: Rick Hathaway & Bill Kennedy

Location: Dance-Left

Activity #	Date	Time	Fees
Adv. Karate			
250507-A	Thu: 1/28-4/29*	8:15-9:15pm	R: \$156 / NR: \$166

*No class dates 4/1

Black Belt Karate 16 & up



This class is specifically for Black Belts of any style. The class will explore martial arts beyond the first Black Belt degree (dan). Black Belt forms (katas) necessary for second dan in Tang Soo Do will be taught along with some weapons techniques and katas.

This seminar-style class will be led by two 3rd dan Tang Soo Do instructors and advanced 'guest' instructors from the local area, as available. Students will be encouraged to teach advanced techniques to the rest of the class. More information is available at www.StratfordKarate.org

Instructor: Bill Kennedy & Rick Hathaway

Location: Dance-Right

Activity #	Date	Time	Fees
250511-A	Thu: 1/28-4/29*	8:30-9:30pm	R: \$156 / NR: \$166

*No class dates 4/1

Beg. Olympic Sport Fencing 6 & up



Known as "the physical game of chess" and the fastest martial art, fencing provides a tremendous physical and mental workout. A fencer's goal is to hit the opponent on a valid target without being hit. All movements include handwork, footwork, and strategy formulation. Reflexes, speed, and cunning are integral parts of this sport which is excellent for building coordination, balance and agility. Protective masks, jackets and safety tipped swords are used to make fencing one of the safest sports for adults and children alike. An equipment rental fee of \$29 should be made payable to VAF on the first day of camp. Also, a waiver must be signed by a parent/legal guardian on the first day.

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing, Springfield, VA

Activity #	Date	Time	Fees
Fencing 6-8 yrs			
220501-H	Mon: 2/1-3/8	6:15-7pm	R: \$85 / NR: \$95
Fencing 9-13yrs			
220501-I	Mon: 2/1-3/8	7-8pm	R: \$85 / NR: \$95
Fencing 14yrs & up			
220501-J	Mon: 2/1-3/8	8-9pm	R: \$85 / NR: \$95



Historical Swordsmanship 9 & up



Students will explore swordsmanship the way that it was originally practiced in the Medieval and Renaissance periods. Historical swordsmanship recreates the techniques used by fencers who lived before the modern sport was created. Safe wooden bamboo swords called shinai are used as well as protective masks, jackets and safety tipped foils. An equipment rental fee of \$29 should be made payable to VAF on the first day of camp. Also, a waiver must be signed by a parent/legal guardian on the first day.

Instructor: VA Academy of Fencing

Location: VA Academy of Fencing, Springfield, VA

Activity #	Date	Time	Fees
Swordsmanship 9-13yrs			
220502-D	Tue: 2/2-3/9	7-8pm	R: \$85 / NR: \$95
Swordsmanship 14&up			
220502-E	Thu: 2/4-3/11	8-9pm	R: \$85 / NR: \$95

If you have an idea for a new class, please submit it to dwoodbury@fallschurchva.gov.

Youth Sports and Tennis

Spring Soccer 5-14 years

Early Bird Registration: February 15 - 28

Resident: \$70 / Non-Resident: \$80

Regular Registration: March 1 - 14

Resident: \$85 / Non-Resident: \$95



Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Practices start 1st week of April. Volunteer coaches are needed! Call **703-248-5077** for registration, fees and league rule information.

1st Touch Soccer Clinic 3-4 years

Registration: February 15th until clinic is filled.

First Touch is a program designed to develop your young players love and interest in soccer by providing the FUNDamental skills and techniques needed. A six session course open to boys and girls age 3 to 4. Each hour long session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, and juggling are followed with live games to finish each day.

611104-A: 3 yr olds - 9am

611104-B: 4 yr olds - 10am

Falls Church Youth Lacrosse Club

Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia. Practices begin in mid-March concluding with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at www.fclaxclub.com. Volunteer coaches needed.

Hershey Track & Field Meet Ages 9-14

The local qualifying meet will be held at George Mason High School on Sunday May 16 (Rain date, Monday May 18).

Registration begins May 1. Volunteers are needed! Call **703-248-5077** for more information.

Basketball Competition – Free Throw/ 3 point Shootout Ages 9-17

Free Throw/3pt Shootout Competition - Come on out and test your basketball skills in the Annual Falls Church Free Throw/3pt Contest. This event is free of charge and all kids ages 9-17 are encouraged to attend. The event will take place on Sunday, February 28th, 2010 at 2pm at the Falls Church Community Center. Call **703-248-5077** for more information.

City of Falls Church / FirstServe Tennis Academy Fall 2009 Tennis Program

Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment**. By keeping the **class size small**, students benefit from **individual attention** that leads to quick results. Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. **Lessons By Appointment** are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call **703-868-8172** or visit www.tenniseveryone.net for more information.

LESSONS by APPOINTMENT: March 1 – November 1;
Ages 4 through Adult

Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. Call **703-868-8172** or visit www.tenniseveryone.net for more information, including program and racket recommendations.

Private (one student): \$55/hr

(Contact FSTA for Season Pass Discounts)

Semi-Private (two students): \$35/hr/student

Small Group (3 students): \$30/hr/student

Small Group (4 students): \$25/hr/student

Large Groups/Special Events/Birthday Parties, etc.
(Contact FSTA)

30-minute prorated lessons are available for ages 4-6

**Please note: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.*



Youth Tennis

Little Shots- Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Instructor: First Serve Tennis

Activity #	Date	Time	Fees
220901-A	Wed: 1/27-3/17	4:30-5:15pm	R: \$144 / NR: \$154
220901-B	Wed: 1/27-3/17	5:15-6pm	R: \$144 / NR: \$154

Location: Gym-Full

220901-C	Wed: 4/7-5/26	1:45-2:30pm	R: \$144 / NR: \$154
220901-D	Wed: 4/7-5/26	2:30-3:15pm	R: \$144 / NR: \$154

Tennis Fundamentals Rally Ball

7-13 years

Players learn the fundamental strokes: forehand, backhand, volleys, and serve with emphasis on developing rallying skills. All classes conducted using modified nets and tennis balls designed to work well on the gym floor. Player-Coach ratio is 6:1. Players with more experience should enroll in Tennis Two.

Instructor: First Serve Tennis

Location: Gym

Activity #	Date	Time	Fees
Rally Ball Ages 7-10			
220902-A	Wed: 1/27-3/17	2:30-3:30pm	R: \$144 / NR: \$154
220902-B	Wed: 1/27-3/17	3:30-4:30pm	R: \$144 / NR: \$154
220902-C	Tue: 1/26-3/16	5-6pm	R: \$144 / NR: \$154
Rally Ball Ages 10-13			
220902-E	Tue: 1/26-3/16	4-5pm	R: \$144 / NR: \$154
Tennis 2 Ages 10-13			
220902-D	Tue: 1/26-3/16	3-4pm	R: \$144 / NR: \$154

High Performance Play & Fitness

10-18 years

This program is designed for players who want to advance to high levels of high school competition and prepare for college tennis. Using the EASI method, a strong emphasis is placed on fitness, strength and balance. All players participate in fitness, drilling, and matchplay. Ages 13-18 meet once per week in a 2 hour session. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
10-13 yrs			
220904-A	Wed: 4/7-5/12	5:30-6:45pm	R: \$228 / NR: \$238
Matches at George Mason High School:			
	Sunday, April 11 – May 16	3:00-4:30pm	
13-18 yrs			
220904-B	Sun: 4/11-5/16	4:30-6:30pm	R: \$192 / NR: \$202

Tennis 1 Rally, Serve, & Score 6-13 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Tennis 1 6-8yrs			
230902-A	Wed: 4/7-5/26	3:30-4:30pm	R: \$144 / NR: \$154
Tennis 1 8-10yrs			
230902-B	Wed: 4/7-5/26	4:30-5:30pm	R: \$144 / NR: \$154
Tennis 1 10-13yrs			
230902-C	Tue: 4/6-5/25	6-7pm	R: \$144 / NR: \$154

Drill & Match Play League 7-18 years

The league encourages tennis players to experience competitive tennis and learn sportsmanship in a team environment. Each week, each player takes part in both a drill clinic/practice session and a match day. Every student receives a FirstServe Tennis T-shirt. Prerequisite: Tennis I, similar playing experience or coach's recommendation. Modified Match Play League: Modified rules, equipment and scoring will help introduce match play to our future tennis stars. High School Prep League: Open to players who understand the basic strokes, can serve, and keep score. No-Cut Varsity League: Created for players currently competing for their high school or for those developing skills to tryout for their high school teams.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Ages 7-10 Play League			
230903-A	Fri: 4/9-5/14	5:15-6:15pm	R: \$168 / NR: \$178
Matches at George Mason High School:			
	Sunday, April 11 – May 16	11:00am-12:00pm	
Ages 11-13 Prep League			
230903-B	Fri: 4/9-5/14	4-5:15pm	R: \$210 / NR: \$220
Matches at George Mason High School:			
	Sunday, April 11 – May 16	12:30-1:45pm	
Ages 13-18 Var. League			
230903-C	Fri: 4/9-5/14	6:15-7:30pm	R: \$210 / NR: \$220
Matches at George Mason High School: Sunday, April 11 – May 16			
	Time: 1:45-3:00pm		



Register
Online at
www.fallschurchva.gov/

ADULT TENNIS

Tennis I Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
AM Adult Beginner			
250905-A	Wed: 4/7-5/26	9:30-10:45am	R: \$200 / NR: \$210
PM Adult Beginner			
250905-B	Wed: 4/7-5/26	7-8:15pm	R: \$200 / NR: \$210
250905-C	Tue: 4/6-5/25	8:30-9:45pm	R: \$200 / NR: \$210

Tennis 2 Match Play & Drill 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! After a brief warm-up, players drill important elements of the game. Players are then separated into doubles matches and your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 4:1 (pm) and 8:1 (am).

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
AM Match Play Drill			
250906-A	Wed: 4/7-5/26	10:45am-12:15pm	R: \$180 / NR: \$190
PM Match Play Drill			
250906-B	Tue: 4/6-5/25	7-8:30pm	R: \$240 / NR: \$250

Adult Intermediate / Adv. Tennis 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
250907-A	Wed: 4/7-5/26	8:15-9:45pm	R: \$240 / NR: \$250



ADULT SPORTS

Spring Co-Ed Softball

Registration: March 29 – April 18 (Teams Only)

Slow Pitch play begins in mid May. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.



Spring Co-Ed Volleyball

Registration: March 1 – March 14 (Teams Only)

League play begins April 1. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.

33rd Annual Open Tennis Tournament

Registration starts April 12. The tournament will be played May 17 – June 20. Players schedule their own matches within a specified amount of time. Additional information can be found at local tennis courts in the city or by contacting the Falls Church Community Center at **703-248-5077**.

Adult Summer Basketball League

Registration: April 4 – April 25 (Teams Only)

Various levels of competition are offered and play begins May 17th. Team members must be 18 yrs of age or older. For more information, call **703-248-5077**.



Fitness Classes

**Register
Now for January
Classes!**

Kick Boxing Aerobics 14 & up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: Senior Center

Activity #	Date	Time	Fees
250417-A	Tue: 1/12-3/25	7:30-8:30pm	R: \$132 / NR: \$142
250417-B	Tue: 4/6-5/25	7:30-8:30pm	R: \$96 / NR: \$106



Step Aerobics 14 & up

Aerobics features a warm-up, solid aerobic segment, challenging muscle toning exercises, use of dynabands, flexibility stretches, and a cool-down. Step Aerobics uses platform steps for a challenging and effective work-out!!! This class features a warm-up, cardiovascular segment using the step, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Activity #	Date	Time	Fees
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Location: Dance Studio

Rise and Shine

250404-A	Sat: 1/16-3/27	9-10am	R: \$132 / NR: \$142
250404-C	Sat: 4/10-5/29	9-10am	R: \$96 / NR: \$106

Location: Senior Center

Step Aerobics

250404-B	Mon/Wed: 1/11-3/24*	6:30-7:30pm	R: \$240 / NR: \$250
250404-D	Mon/Wed: 4/5-5/26	6:30-7:30pm	R: \$192 / NR: \$202

*No class dates 1/18, 2/15

CLASS CARDS!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: **Step Aerobics, Body Toning, Noon Workout & Kickboxing**. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$80 / NR: \$90 / Senior Residents: \$40

Body Toning 18 & up

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the workout.

Instructor: Eileen Cutrona

Location: Senior Center

Activity #	Date	Time	Fees
250405-A	Tue/Thu: 1/12-3/25	6:30-7:30pm	R: \$264 / NR: \$274
250405-B	Tue/Thu: 4/6-5/27	6:30-7:30pm	R: \$192 / NR: \$202

Noon Workout 18 & up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: Gym

Activity #	Date	Time	Fees
250407-A	Tue/Thu: 1/12-3/25	12:10-1pm	R: \$264 / NR: \$274
250407-B	Tue/Thu: 4/6-5/25	12:10-1pm	R: \$180 / NR: \$190

Self Defense for Women 13 & up



This is a hands-on self-defense class tailored for women of any size or strength, and emphasizes practicality, simplicity and effectiveness. Develop confidence and forcefulness in your own defense while on the street or away at college. Have fun while learning and practicing a wide variety of practical techniques in realistic threat situations. You'll learn to escape from and defend against the full spectrum of physical threats, from unwanted touching to full-contact sexual assault, up to your comfort level, and to tailor your response to the situation. The class is led by a Black Belt martial arts instructor experienced in teaching self-defense to women. Wear gym clothes or something comfortable, and be ready to have fun and get physical!

Instructor: Tom Mulczynski

Location: Community Room

Activity #	Date	Time	Fees
250413-A	Mon: 1/25-3/29*	7-8pm	R: \$84 / NR: \$94

*No class dates 2/1, 2/15, 3/15



**Register
Now!**

Yoga For EveryBody

18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures (asanas), breath techniques (pranayama) and deep relaxation (yoga nidra/meditation). Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities. A traditional yoga practice places a greater emphasis on physical and mental awareness than on executing the perfect posture.

Instructor: Sharon "Sam" Meehan

Location: Community Room

Activity #	Date	Time	Fees
250401-A	Thu: 1/14-2/18	7:15-8:45pm	R: \$66 / NR: \$76
250401-B	Thu: 3/11-5/6*	7:15-8:45pm	R: \$88 / NR: \$98

*No class dates 4/1

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice--including asanas (poses), breathing techniques, and body awareness--and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250414-A	Mon: 1/25-4/19*	12-1pm	R: \$130 / NR: \$140
250414-B	Tue: 1/26-4/20*	8-8:55pm	R: \$141 / NR: \$151

*No class dates 2/15, 3/29, 3/30

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250415-A	Thu: 1/28-4/22*	9:30-10:25am	R: \$141 / NR: \$151

*No class dates 4/1



Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
250410-A	Tue: 1/26-4/20*	7-7:55pm	R: \$141 / NR: \$151

*No class dates 3/30

Zumba Latin Aerobics 18 & up

Zumba (pronounced as zoomba) is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. This includes, but not limited to, dances



such as Salsa, Merengue, Bachata, Tango, Cha Cha and even Reggaeton! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba.

Instructor: Dream In Color

Activity #	Date	Time	Fees
250425-A	Tue: 1/26-5/4*	7:30-8:30pm	R: \$91 / NR: \$101

Activity #	Date	Time	Fees
250425-B	Thu: 1/28-5/6*	7:30-8:30pm	R: \$91 / NR: \$101

*No class dates 3/30, 4/1

Zumba Toning 18 & up

Zumba toning takes the original Zumba dance-fitness to another level utilizing innovative muscle training with the addition of light weight toning sticks or dumbbells. It will emphasize working muscle groups along with the rhythms. It is a combination of cardio and resistive exercises.

Instructor: Dream In Color

Location: Senior Center

Activity #	Date	Time	Fees
250427-A	Wed: 1/27-5/7*	7:30-8:30pm	R: \$91 / NR: \$101

*No class dates 3/31

NEW!

Fitness Classes

Kukuwa Dance Workout 18 & up NEW!

KDW® is a low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. It is open to participants of all fitness levels. You burn 970 fat calories in a 60 minute KDW® class. Get ready to work muscles you didn't realize you had. You will lift off on an exotic African expedition with the "agbaja" and "adowa", glide through the plains of Latin America with "salsa" and "merengue", and cruise to the Caribbean Islands "winin your boombsey" through the carnival celebrations

Instructor: Yamyle Sims

Location: Community Room

Activity #	Date	Time	Fees
250429-A	Thu: 1/28-3/11	6:15-7:15pm	R: \$132 / NR: \$142
250429-B	Thu: 4/8-4/29	6:15-7:15pm	R: \$94 / NR: \$104

Energy Workouts 18 & up NEW!

This unique series of classes brings a new approach to fitness as a daily habit. Students will learn concise exercises, powerful in their ability to give an energy "tune-up", while also working the major muscle groups. They will be coached on how to integrate the concise routine into their daily lives successfully, and a long-term perspective on exercise. Classes will meet every other week and individual coaching will be provided during the off weeks. No prior experience is necessary. Yoga mats provided.

Instructor: Unyong Waide

Location: Community Room

Activity #	Date	Time	Fees
Yoga Sun Salutations			
250428-A	Sat: 1/30-2/27*	5-6pm	R: \$90 / NR: \$100
Rites of Rejuvenation			
250428-B	Sat: 3/13-4/10*	5-6pm	R: \$90 / NR: \$100
Qi Gong			
250428-C	Sat: 4/24-5/22*	5-6pm	R: \$90 / NR: \$100

*No class dates 2/6, 2/20, 3/20, 4/3, 5/1, 5/15



Senior Fitness Program 50 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our 'Senior Fitness Program' taught by a professional trainer, who is himself a senior-citizen, and learn how you can fight-back, and W-I-N. Class will focus on improving cardiovascular endurance, strength, balance, flexibility, and mobility with special attention given to the core. All students are to bring an exercise mat and light (2 - 5 lb. dumbbells).

Instructor: Capitol Fitness

Location: Gym

Activity #	Date	Time	Fees
260403-A	Mon/Wed: 1/25-5/5*	9:30-10:30am	R: \$270 / NR: \$280
260403-B	Mon: 1/25-5/3*	9:30-10:30am	R: \$130 / NR: \$140
260403-C	Wed: 1/27-5/5*	9:30-10:30am	R: \$140 / NR: \$150

*No class dates 2/15, 3/29, 3/31



Fit 4 Moms

A fun and unique fitness program designed for both you and your children. It includes circuit training and intervals for weight loss & muscle toning using light weights. Classes are tailored to the needs and interests of the group participants.



Why FIT 4 MOMS?

- No Membership Fee
- Certified Fitness Instructors
- Total body conditioning
- All levels of fitness welcome (Motherhood not required)
- Convenient times & locations (indoors & out)
- 11 classes to choose from (yoga offered on Wednesday)
- M-F 9:45am-10:45am at Falls Church Community Center
- Fitness for you and your children (child supervision provided)
- "Mother Runners" membership (meets 3 times/ wk)
- Did we mention...you may BRING YOUR CHILDREN!

Get Fit! Stay Fit! To register, contact Fit 4 Moms at:

www.FIT4MOMS.com

Sheila Cordaro, Owner / Instructor

Sheila@FIT4MOMS.com or at 202/549-7084

"Staying Fit doesn't have to be a chore."

Oil & Acrylic-Paint For Fun 18 & up

If you enjoy painting with other artists, then this is the group for you. Experienced oil and acrylic artists are invited to exchange views and ideas, demonstrate their skills, share perspectives, new techniques, and meet other local artists. Students must purchase their own supplies; a supply list is available upon registration.

Instructor: M. Lou Jones

Location: Art Room

Activity #	Date	Time	Fees
250103-A	Fri: 2/5-4/30*	10:30am-12:30pm	R: \$240 / NR: \$250
250103-B	Fri: 2/5-4/30*	1-3pm	R: \$240 / NR: \$250

*No class dates 4/2



Inter/Adv Watercolor 18 & up

The 8 Principles of Design

These lessons are continued from the fall session however, they can be taken independently. Artists will study the 8 Principles of Design to add to the 7 Elements in order to create better paintings. Artists can select their own subjects to illustrate each of the principals chosen. Critiques will be very important for the successful finish of the paintings. Demonstrations and critiques are part of each lesson. Classes meet every other week; all lessons are the same two weeks in a row.

Instructor: Carolyn Grosse' Gawarecki

Location: Art Room

Activity #	Date	Time	Fees
250105-A	Tue: 1/26-4/13*	9:45am-12:30pm	R: \$150 / NR: \$160
250105-B	Tue: 1/26-4/13*	1:15-3:30pm	R: \$145 / NR: \$155
*No class dates 2/2, 2/16, 3/2, 3/16, 3/30, 4/6			
250105-C	Tue: 2/2-4/20*	9:45am-12:30pm	R: \$150 / NR: \$160
*No class dates 2/9, 2/23, 3/9, 3/23, 3/30, 4/13			



Scrapbooking: Beg./Int. 14 & up

Create a memory for yourself and your loved ones! Learn scrapbooking and paper crafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own handmade and professional-looking scrapbooks with great layouts for your photos. This structured class will introduce a new skill each class meeting and will also have a follow up activity in the form of designing a scrapbook page and a scrapbook gift album that you make from scratch. Students with scrapbooking experience will also be challenged and learn new ideas. Complete one or more projects per class.

Instructor: Carol Lavrich

Activity #	Date	Time	Fees
250108-A	Fri: 1/29-2/19	7-9pm	R: \$50 / NR: \$60
250108-B	Sat: 1/30-2/27	1-3pm	R: \$50 / NR: \$60



Designing Greeting Cards 101 14 & up

Learn rubberstamping and paper crafting basics including techniques, tools, materials, and papers that will send you on your way to creating your own handmade and professional-looking cards, invitations and more. Discover different types of stamps, ink pads, tools and papers available, how to cut paper, how to get a good impression, how to coordinate layouts, papers, and embellishments and embossing. Students with rubberstamping and scrapbooking experience will also be challenged and learn new ideas.

Instructor: Carol Lavrich

Activity #	Date	Time	Fees
250115-A	Fri: 3/5-3/26	7-9pm	R: \$50 / NR: \$60
250115-B	Sat: 3/6-3/27	10am-12pm	R: \$50 / NR: \$60

Creating Pop-Up Cards 14 & up

NEW!

Develop your paper crafting talents on greeting cards with fun and clever interactive elements including unique folds, pop-ups, flip-flop features, shakers, sliding panels that reveal hidden messages, and more. You will be able to personalize these beautiful projects. You will complete at least one project per class. All tools and supplies will be provided.

Instructor: Carol Lavrich

Location: Preschool Room

Activity #	Date	Time	Fees
250116-A	Tue: 4/6-4/27	6:30-8:30pm	R: \$50 / NR: \$60
250116-B	Sat: 4/17-5/8	10am-12pm	R: \$50 / NR: \$60



Developmental Classes

Knitting UFOs. Now what? 12 & up

Do you have UnFinished Objects in your knitting project bags? Need advice to finish your projects? This series of workshops is designed to offer you help and advice. Sign up for any or all four workshop times. Please bring your projects and knitting supplies with you.

Instructor: Lynn Hoffman

Activity #	Date	Time	Fees
250610-A	Wed: 1/27	11:15am-1:15pm	R: \$20 / NR: \$25

Location: Art Room

250610-B	Tue: 2/2	6:30-8:30pm	R: \$20 / NR: \$25
250610-C	Wed: 3/24	12-2pm	R: \$20 / NR: \$25
250610-D	Thu: 4/15	1-3pm	R: \$20 / NR: \$25

So...You want to Knit?

12 & up

Knitting is fun and relaxing and in the end you have a finished project! This class is designed for first-time knitters. Learn the basics of knitting and pattern reading while making a scarf and a hat. Join the fun!

Instructor: Lynn Hoffman

Location: Teen Center

Activity #	Date	Time	Fees
250611-A	Mon: 2/8-3/8*	12-2pm	R: \$80 / NR: \$90

*No class dates 2/15



Wok Cooking 18 & up

Hands-on workshop for the novice cook. Master basic skills and tools with a repertoire of easy but excellent recipes. Have fun and meet new people while learning skills useful for a lifetime! Ham and Egg Fried Rice; Sliced Chicken with Vegetables; Shrimp with Lobster Sauce.

Instructor: Rebekah Lin Jewell

Location: Kitchen

Activity #	Date	Time	Fees
250304-A	Thu: 3/25	10:30am-1:30pm	R: \$42 / NR: \$52



Chinese Soup for All Seasons 18 & up

Soup is healthy and will warm your soul in the winter. Join Rebekah in the kitchen to learn the secrets of Chicken with Corn Soup; Shrimp Soup with Crispy Rice; and Wonton Soup.

Instructor: Rebekah Lin Jewell

Location: Kitchen

Activity #	Date	Time	Fees
250306-A	Thu: 1/28	11am-2pm	R: \$42 / NR: \$52

Dim Sum for Lovers 18 & up

The Chinese have been enjoying these delicious snacks for centuries. Now learn to make them yourself! Pot stickers, Curry Puffs, Phoenix Eye Dumplings.

Instructor: Rebekah Lin Jewell

Location: Kitchen

Activity #	Date	Time	Fees
250307-A	Thu: 5/6	11am-2pm	R: \$42 / NR: \$52

Adult ESOL Classes

Are you interested in learning English? Falls Church City Public Schools offers morning and evening Adult ESOL classes for students at all levels of English proficiency. You can register in person by attending the first morning or evening class. For additional information, please contact Mary Kay Howard, Program Specialist, 703-248-5616.

Morning Class

Instructor: Falls Church City Public Schools Staff

Location: Falls Church City Community Center

Winter Class Dates: Mondays and Wednesdays, January 4, 2010 - March 17, 2010

Spring Class Dates: Mondays and Wednesdays, April 5, 2010 - June 14, 2010

(No classes January 18, February 15, May 31)

Time: 10am-12 noon

Fee: \$40

Evening Class

Instructor: Falls Church City Public Schools Staff

Location: George Mason High School

Winter Class Dates: Mondays and Wednesdays, January 4, 2010 - March 17, 2010

Spring Class Dates: Mondays and Wednesdays, April 5, 2010 - June 14, 2010

(No classes January 18, February 15, May 31)

Time: 7-9pm

Fee: \$40



Dog Training Theory & Tech.

16 & up

NEW!

Not getting the results you had expected from your previous dog-training efforts? What really motivates your dog's behavior? This class debunks the many myths surrounding dog training and replaces it with the new generation of dog training theory based on years of animal study. Better understanding why past training may or may not work. Get the positive result you want by applying these techniques research studies have shown to be the most successful. Do not bring dogs to this class.

Instructor: C&C PALS

Location: Teen Center

Activity #	Date	Time	Fees
250713-A	Mon: 1/25	6:30-9:30pm	R: \$60 / NR: \$70



Pet Emergencies & First Aid

16 & up

NEW!

Our pets are part of the family and knowing how to recognize an emergency is crucial. Learn basic procedures for caring for sick, injured, or poisoned pets. Be confident in providing the immediate and temporary care necessary for animals until professional veterinary help is available. Do not bring pets to this class.

Instructor: C&C PALS

Location: Teen Center

Activity #	Date	Time	Fees
250715-A	Mon: 3/8-3/15	6:30-9:30pm	R: \$115 / NR: \$125

Register
Online at
www.fallschurchva.gov

Choosing the Right Dog for You

16 & up

NEW!



Picking your lifelong companion is often an "emotional" buy. Don't wait until the dog is in your home to find out it is not a good match. We will discuss various factors that will help in this decision process, including general

issues and characteristics of breeds but just as importantly your lifestyle factors, such as your age, activity level, where you live, how much travel, etc. Besides your likes and dislikes in looks and temperament you need to consider where to look for the "right" dog and if you are ready for a puppy, adolescent or adult pet.

Instructor: C&C PALS

Location: Teen Center

Activity #	Date	Time	Fees
250716-A	Mon: 4/19	6:30-9:30pm	R: \$60 / NR: \$70

Basic Dog & Pup Obedience

16 & up

NEW!



This class offers lots of fun & socialization for puppies/dogs. They get a GREAT foundation for the rest of their lives! Puppies/dogs get used to the basics of being handled, learning how to focus, and learning how to learn! Basic commands are covered: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, owners learn how to promote good household manners, and

how to deal with common doggy problems such as jumping, mouthing & biting and pulling. Puppies (dogs under 5 months of age) also enjoy a playgroup at the end of class, which teaches them how to relate to and interact appropriately with other dogs and also how to respond to their owners while playing. (Puppies must have their second set of shots before they come to class, which is Week 2. All dogs over 4 months must have full vaccinations or titers by Week 2.) Week One is an orientation for owners only (no dogs). Class is 6 weeks (6 hrs.), one hour/week, plus an additional 15 minutes for puppies under 5 months. Everyone in the family is encouraged to come to class!

Instructor: C&C PALS

Location: Art Room

Activity #	Date	Time	Fees
250717-A	Wed: 1/27-3/3	11:15am-12:15pm	R: \$150 / NR: \$160
250717-B	Thu: 3/18-4/29*	6:30-7:30pm	R: \$150 / NR: \$160

*No class dates 4/1

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!!!

All clubs looking for more members

Language Clubs

English Conversation- Mondays and Wednesdays at noon

German Conversation- Tuesdays at 10am

French Conversation-Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs.

Please call the Senior Center at **703-248-5020** for more information.

Aquatics Club

The Aquatics club meets every Tuesday and visits a local Sport and Health Club for water aerobics with a certified aquatics instructor. Come join us for a great water exercise workout. Class is from 10:30-11:30am. Van leaves the Senior Center at 10am and returns around 12 noon. Some fees apply. Please call the Senior Center at **703-248-5020** for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Garden Club meets at 7:30 pm on the First Tuesday of the month at the Falls Church Community Center. We feature speakers who share valuable information on such topics as: "Honeybees in the Garden," "Water-Wise Gardening," "Understanding Soil Conditions," "Green Roofs," and "Small Garden Landscape Design." Come and enjoy complimentary refreshments and a chance to win door prizes. We also sponsor garden tours and bus trips. We publish a monthly newsletter with news of club activities, public gardens and gardening tips. For more information, call Linda Martin at **703-698-5081** or go to **www.fallschurchgardenclub.org** for more information.



Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.



Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

REGULAR PROGRAMS INCLUDE:

Aquatics Class

Come join us for great workout in the water. Water Aerobics every Tuesday from 10:30-11:30am. Van leaves at 9:55am. Fees apply. Interested participants can observe and participate for free on the last Tuesday of the month. Call for more details.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Armchair Travel

Meets the fourth Friday of every month. Come join us for a trip around the world without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books, and printed material about each month's destination.

Bingo

Meets every Wednesday from 10am-1:30pm. Break for lunch from 12noon-12:30pm.

Birthdays with Beryl

Join us on the second Wednesday of the month at 12noon to celebrate all the birthdays in the month with tasty treats.

Blood Pressure

Held every other Tuesday from 9-10am.

Bridge

Bridge Players gather at the Falls Church Senior Center on Mon and Fri for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday at 10am.

Checkers Challenge

Every Wednesday at 10:30am.

English as a Second Language

Meets every Monday and Wednesday from 10am-12noon.

Game Day

Come every Friday at 10am for FUN and games.

Golden Age Bingo

Meets every Tuesday from 10am-1:30pm. Break for lunch from 12noon-12:30pm.

Intergenerational Knitting with Bea

Meets every Thursday at 10:00am

Lunch Bunch

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am.

Movie Day

On the first Friday of each month, you can see the movie on the "The Big Screen" in the Teen Center at 10am.

Military History

Join this enthusiastic group on alternate Fridays from 10am-12 noon. Selected topics include WWII, Korea and Vietnam War.

Nutritionist

A nutritionist will provide healthy eating tips every second Wednesday of the month at 12noon.

Foreign Language Conversation Groups

Informal, drop-in groups meet weekly:

Mondays and Wednesdays: English group at 12noon

Tuesdays: German group 10am

Thursdays: French group 10am

Scrabble

Meets every Tuesday at 1:30pm

Rummikub

Meets every Wednesday at 1:30pm

Walking Group

Meets every Thursday at 10am (Visit different local parks).

Mixed Trivia

Join Senior Center staff and test your knowledge on the 1st and 3rd Monday at 10am.

**All groups
looking for new
members**

Falls Church Senior Center

SPECIAL SENIOR PROGRAMS

January: Super Bowl Party

February: Valentine's Day Celebration

March: St. Patrick's Day Celebration

April: Spring Fling

May: Mother's Day Celebration



Lunch Bunch

This group meets on the second Monday of every month at 12:15pm. If using van transportation, van will leave at 11:45am (\$1) Responsible for own meal.

Monday, January 11 at IHOP

Monday, February 8 at Peking Gourmet Inn

Monday, March 8 at Ruby Tuesday

Monday, April 12 at Cracker Barrel

Monday, May 10 at Logans Roadhouse



MILITARY HISTORY GROUP

10am-12noon. alternating Fridays of each month. Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea, Vietnam War, Civil War, etc. The Military History Forum depends on its volunteers. If you can provide a program, or have a topic you think should be programmed, please let us know!

Jan. 15: Topic & Guest Speaker to be determined

Jan. 29: Topic & Guest Speaker to be determined

Feb. 12: Topic & Guest Speaker to be determined

Feb. 26: Jim Michaels, "Turn Around in Anbar Province"

Mar. 12: Ed Murphy, "The Irish in the American Civil War"

Mar. 26: Wolfgang Samuel, "A Personal Journey"

Apr. 9: Paul Sullivan, "Adventures of a Juvenile Aircraft Spotter"

Apr. 23: Field Trip: To be determined

May 7: Marilyn Moll, "General George Thomas: Virginia Yankee"

May 21: Topic & Guest Speaker to be determined

AARP Fifty Five Alive

Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Discounts are not given.



Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: Thursday, January 28 and Friday, January 29

Thursday, March 18 and Friday, March 19

Thursday, May 13 and Friday, May 14

Time: Class meets on both days from 10am-3pm

Fees: \$12 AARP Members

\$14 Non-AARP Members

Please bring membership card with you to verify AARP membership in order to receive discount.

Senior Trips Using Fastran Transportation

Time: 10:15am-1pm

Call 703-248-5020 for more details

Fee: \$1



January: Pentagon City Mall
Kmart in Springfield
Wegmans
Target at Fair Lakes

February: Ballston Mall
Trader Joes
Fair Oaks Mall
World Market

March: Walmart
Tysons Corner Mall
Kohls at Fairlakes
Great Falls

April: Burke Lake Park
Dollar Tree
Lake Accotink Park
Old Town

May: Lake Fairfax Park
Costco
Ft. Hunt Park
Bottom Dollar

SENIOR CENTER ARMCHAIR TRAVEL PROGRAMS

Time: 10:30 a.m. **Location:** Teen Center **Dates:** Fourth Friday of each month.

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Center

January 22: Argentina: Buenos Aires and Mendoza



(Running time: 56 minutes)

Rudy Maxa takes on tours of Buenos Aires and the modern, mellow city of Mendoza. In Buenos Aires we go from the bohemian chic of Palermo

to the La Recoleta Cemetery, where the elite are laid to rest in monumental style. We view art at the Museum, chow down at a grill house, and cheer for the local "futbol" team. We experience a European tea in the elegance of the Alvear Palace Hotel and then sample the rugged way of life out on the Pampas. Do you like wine? We'll off to Mendoza for wine tasting, hiking, and river rafting in this vintner's paradise. We end our trip with a trek to the summit of Aconcagua and zip-linking down a mountain.

February 26: Everglades: America's Wild Spaces



(Running time: 50 minutes)

The Everglades' 1.5 million acres are home to some of the most unusual creatures on the planet and we'll get to see them—the carnivorous plants,

amphibious birds, fish that breathe air and cacti that grow in water. We'll journey by foot, airboat, helicopter, and even kayak as we explore its hidden secrets. But, will the Everglades always be here—examine the complex issues that confront its very existence and the unique creatures that live within.

March 26: Thailand: Bangkok, Golden Triangle, and Andaman Coast



(Running time: 84 minutes) Here's your invitation to explore Thailand the easy way—from your armchair. We visit dynamic and diverse Bangkok which was transformed from a place of wooden

houses, canals, and rice fields into one of Asia's most modern industrialized cities. Then it's off to the Golden Triangle where the hill tribes live, each with a unique culture and primeval forests. We'll take a boat ride down the Kok River, luxuriate in an out of the world guesthouse and go bargain hunting at the Night Market. Ever been to an elephant orphanage? You will on this trip. And then we're off to the island paradise with pristine beaches, secret coves, translucent water, and spectacular sunsets. Come join us!

April 23: Inside Mecca

(Running time: 60 minutes) This month we travel to Islam's most revered city to experience a spiritual phenomenon that has endured for more than fourteen centuries: Mecca. We'll witness the personal challenges and spiritual reward of three pilgrims as they join some two million fellow Muslims on their sacred journey, explore key Islamic sites and ancient rituals that only a handful of non-Muslims have witnessed, and discover the spirituality charged history of Mecca.

May 28: Mexico: Guadalajara & Puerto Vallarta, Mexico City & Zihuatanejo



(Running time: 90 minutes) We're off now to the City of Roses, Guadalajara, with its colonial architecture, dramatic murals, mariachi music and vibrant folk art. We'll visit such historical sites as the

monument that commemorates the founding of Guadalajara, the Rotonda de los Hombres Ilustres and the Palacio de Gobierno. We'll shop at the largest market in Mexico and tour a tequila factory. From there we go to the world's largest metropolis, Mexico City, which brims with art, culture, world class cuisine, and pulsating nightlife. Let's explore the pre-Aztec Teotihuacan and the National Museum of Anthropology together and then escape to the soothing waters on the Pacific coast and the palm fringed resorts of Ixtapa and Zihuatanejo. Come join us for our own spring break!

June 25: New Zealand: South Island and North Island



(Running time: 79 minutes) A world away are the islands that make up the country of New Zealand, and our adventure begins on the South Island. There are laid back wine country tours to enjoy along with the rapturously

beautiful scenery. We'll tour Abel Tasman National Park, visit a local artist colony and get a crash course in Maori bone carving. Off then to Queenstown, the birthplace of bungee jumping (no, you won't have to participate in that). Next, we explore the North Island known also for its scenic beauty. We'll explore the Bay of Islands' magnificent coastline by kayak and visit the historic site, the Waitangi Treat Grounds, where Maori chiefs signed a controversial treaty with Britain. Our itinerary also includes Hawke's Bay's fruit and olive groves, Cape Kidnappers, home to a massive colony of gannet birds, Napier, a blast from the Art Deco past, a primeval kauri forest, and an oyster farm, and if that wasn't enough—a stop at some of the area wineries. Now that's what I call a trip!

Registration Information

Refund Policy

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is canceled by the Department or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

To request a credit or refund for any reason other than those stated above a "Request/Credit Request Form" must be completed and submitted. All requests are handled using the following guidelines:

- When a request is made ten or more calendar days before the activity starts a refund is granted less a 20% processing fee and a credit is granted less a 10% processing fee.
- When a request is made five to nine calendar days before an activity starts no refunds will be granted, but a credit will be granted less a 10% processing fee.
- When a request is made less than five calendar days before an activity starts no refund or credit will be granted unless there is a medical reason (doctor's note required) or for relocation of at least 25 miles from the City of Falls Church. If a refund or credit is granted for medical reasons or because a class participant has moved the refund will be assessed a 20% processing fee or the credit a 10% processing fee.
- No refunds or credits will be granted once an activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.

Camp Refund Policy

The Recreation and Parks Department will provide a full credit or refund for a camp if the camp is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend a camp. For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least **two weeks** before the start of camp.

- Requests for a refund made at least two weeks before the start of camp will be granted, less a 20% processing fee.
- Requests for a credit made at least two weeks before the start of camp will be granted, less a 10% processing fee.
- Requests less than two weeks before camp starts will only be granted for medical reasons (doctor's note required).
- No refunds or household credits will be given if the request for such is submitted less than 2 weeks before the camp starts, nor after it has ended. This also applies to AM and PM Extended care.
- Some camps have difference policies which are listed in their description.

CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Late Registration & Transfers: Late registrations and transfers are accepted if an opening is available.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 703-248-5077 for more information.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Registration Dates

Residents: January 4

Non-Residents: January 11



Falls Church Recreation and Parks

Registration Starts

Falls Church City Residents:

Monday, January 4, 2010

Non-City Residents:

Monday, January 11, 2010

How to Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

Registration Hours

Monday-Thursday 8am to 10:30pm
 Friday 8am to Midnight
 Saturday 8:30am to Midnight
 Sunday 12pm to 6pm (January-March)
 Sunday 2pm to 6pm (April-December)

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: **Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046**

PHONE-IN: There will be no phone-in registration on the first day of resident (Jan. 4) and non-resident registration (Jan. 11). Phone-in registration will start on the second day of registration either Jan. 5 or Jan. 12. **To register by phone, please call 703-248-5077** and have your credit card ready.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

ON-LINE: Online registration is here! Online registration can be found on the internet by going to **www.fallschurchva.gov** and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Email address: _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					Total



223 Little Falls St.
Falls Church, VA 22046

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Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at www.fallschurchva.gov. We will can also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five weekdays to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.

